

COPING WITH HOLIDAYS AND SPECIAL DAYS

In tough times of serious illness...



Since she'd been diagnosed with advanced kidney disease, Faye had started to find times of ordinary celebration quite tough, particularly Christmas. Others seemed so carefree, yet her life had so many serious daily challenges and difficulties. The ordinary expectations of Christmas became highly stressful, and Faye didn't feel she could fulfill them, no matter how much she wished she could. It always felt like an isolating and lonely time to Faye.



Dan's father Frank found it too painful to be out of bed for long. Dan wondered what he could do to make this birthday special for his dad; he didn't want to ignore the day but also didn't want to stress his dad. Dan spoke with his father about the idea of having a simple birthday by moving his father's bed into the lounge room, next to the decorations and birthday table. Dan's father loved the idea. Frank, Dan, his family and friends had a lovely day, with visitors of Frank's choice, treats and some relaxing music. It was a very special birthday.



Since her mother was diagnosed with cancer on the eve of Mother's Day, Yolande had never really gotten over it. Every year the day had such a negative association and Yolande began feeling deeply depressed well in advance of the occasion rolling around. Mother's Day made Yolande want to be alone and withdraw from her loved ones, and she began to feel resentful when she saw other families enjoying the day. Yolande needed to remember the good times, and remember her mother as she had been, but she could not stop thinking about the very difficult recent past.

Serious illness allows you and your family the right to make personal choices that best suit your needs. Take time to think about ways to help get through these times as positively as possible.

CareSearch provides information and resources for people who are [caring for someone](#) with a life-limiting illness.

CareSearch provides information on [financial assistance](#), [practical help](#), [emotional support](#) and a range of other everyday issues.

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