
Top Tips for Christmas

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Christmas for carers takes a little more planning. However, some of these top tips should help to make the festivities run more smoothly. If you become stressed, the chances are that the person you are caring for will become stressed and vice versa. Similarly, if the atmosphere in the house is calm, relaxed and pleasant, the person you care for will have lower stress levels. Click [here](#) to read these top tips for a happier Christmas provided by our carers.