

# Preparing Seniors for the End of Daylight Saving Time in Shreveport, LA

The end of daylight saving time brings one welcome perk: an extra hour of sleep. Still, turning the clocks back can throw off a senior's daily rhythm, especially when earlier sunsets change familiar routines.

In Louisiana, daylight saving time ends on November 1, 2026, when clocks move back one hour. For older adults managing sleep concerns, vision changes, mobility challenges, or memory loss, that small shift may take a little getting used to. With some advance planning, families can help make the transition smoother, safer, and more comfortable.

## What you will learn

- How to help your loved one ease into adjusted sleep habits and review medication reminders.
- Ways to brighten the home, reduce fall hazards, and plan for safer evening travel.
- How enjoyable activities and social connections can bring warmth to shorter days.
- How Always Best Care of Shreveport, LA can support comfort and independence at home.

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## Adjust Sleep Habits Gradually

A steady schedule can help the body settle into the new time. The National Institute on Aging recommends going to bed and getting up at consistent times each day.

A few days before the time change, seniors can gradually shift bedtime and wake-up time by 10 or 15 minutes. Keeping meals, activities, and morning routines consistent can also provide helpful structure.

Morning light is another simple way to support a healthy sleep-wake pattern. Open the curtains after waking up, sit near a bright window, or enjoy a short outdoor walk when weather permits. Try to keep naps brief and avoid sleeping late in the afternoon, as that may make nighttime rest more difficult.

## **Review Medication Routines**

Many seniors take medications at set times connected to breakfast, dinner, or bedtime. The one-hour clock change usually doesn't require a major adjustment, but prescription schedules can vary.

Before the clocks change:

- Review the medication list and pill organizer.
- Check that reminders show the correct times.
- Ask a doctor or pharmacist about medicines that require precise timing.
- Never change prescription timing without professional guidance.

A quick check now can prevent confusion later.

## **Brighten Dim Areas Before Sunset**

Earlier darkness is one of the biggest practical changes after the clocks go back. Poor lighting can make hallways, stairs, bathrooms, and entryways more difficult to navigate. The CDC recommends brighter bulbs, clearer pathways, stair handrails, and bathroom safety supports to help reduce fall risks.

Walk through the home during late afternoon and evening. Look for areas that become shadowy and consider adding:

- Nightlights between the bedroom and bathroom.
- Brighter bulbs in hallways and stairwells.
- Easy-to-reach lamps and light switches.
- Motion-sensor lights near entrances.
- Good lighting along outdoor walkways.

Keep floors clear of cords, clutter, and loose rugs. Outside, wet leaves may hide uneven pavement or become slippery, so take a quick look around the porch and driveway, too.

## **Rethink Evening Driving**

Earlier sunsets can make familiar roads feel less comfortable. Glare from headlights, reduced contrast, and difficulty spotting pedestrians or obstacles may affect nighttime driving.

Encourage seniors to schedule errands and appointments during daylight whenever possible. Friends, relatives, community transportation, or professional caregivers may be able to provide rides after dark.

The goal isn't to take away independence. It's to make travel safer while respecting a senior's confidence and preferences.

## **Keep Days Active and Connected**

Shorter days can lead to fewer outings, less exercise, and more time alone. Watch for changes in mood, appetite, sleep, or interest in favorite activities.

Daytime walks, hobbies, regular phone calls, family visits, and community activities can help seniors maintain connection and routine. Even a simple afternoon cup of coffee with a friend can brighten the day, literally and figuratively.

## **How Always Best Care of Shreveport, LA Can Help**

At Always Best Care of Shreveport, LA, we understand that seasonal changes can make everyday tasks feel more challenging. We can provide companionship, transportation support, medication reminders, help with routines, and assistance with safe movement around the home.

Our caregivers work with seniors and families to support comfort, safety, and independence at home.

## **Frequently Asked Questions**

### **Q: When does daylight saving time end in Shreveport, LA?**

A: Daylight saving time ends on Sunday, November 1, 2026. Clocks move back one hour to standard time.

### **Q: Should medication times change after the clocks go back?**

A: Not necessarily. Ask the prescribing doctor or pharmacist before changing any medication schedule, particularly for medicines that require exact timing.

### **Q: How can seniors sleep better after the time change?**

A: Keep a consistent bedtime and wake-up time, get morning light, limit late naps, and follow a calming bedtime routine. Older adults generally need about seven to nine hours of sleep each night.

**Q: What should families check at home?**

A: Inspect hallways, stairs, bathrooms, bedrooms, entrances, and outdoor paths. Add lighting, remove trip hazards, and make sure commonly used items are easy to reach.

**Turn Back the Clocks, Brighten the Days Ahead**

The clock change may take only a moment, but adapting to darker evenings can take longer. By preparing for sleep adjustments, medication routines, lighting needs, transportation, and fall hazards, families can help seniors in Shreveport, LA move into the new season with greater safety and confidence.

To learn how Always Best Care of Shreveport, LA can support your loved one at home, call (318) 373-6141 to arrange a care consultation.