

Holiday thoughts for those caring for loved ones with dementia

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The holidays can be a wonderful time of the year for all to celebrate with family and friends! Consider some helpful hints from the Alzheimer's Association to include loved ones living with Alzheimer's disease or dementia in the festivities. Below are several tips to consider while planning to include your loved one in holiday activities:

Info! See the following link ([Alzheimer's Association Holiday Tips](#)) for more holiday tips for those caring for loved ones living with dementia.

Ask them to help prepare food, wrap packages, help decorate or set the table, especially activities enjoyed in the past. Avoid the use of candies, artificial fruits and vegetables as decorations as they can be confused for real food for persons living with dementia. Blinking lights may also create confusion. Maintain as much of the person's normal routine as possible. In holiday planning, consider what may be the most comfortable and enjoyable activities for persons living with dementia. Emphasize activities or things that bring happiness; avoid activities that may seem overwhelming, stressful or risky. Build on favorite tradition and memories; adapt or experiment with new activities that may become new traditions.