



## **Tips for the Holidays**

*Please share with friends & family facing Alzheimer's and related dementias this season.*

### **For the Person with Dementia**

Take some time out to relax

Do what you enjoy

Consider letting people know when you need a break or are having trouble

Make a list with your partner of what you would like to do this season & use the list to help keep on track

Consider saying – “I know I know you, but I just can't place you...” when someone greets you and you aren't sure who they are to you

Watch or listen to old, familiar music, movies, TV programs that make you feel good

Get exercise and lots of water each day

**Be careful about too many sweets & treats**

Work *with a partner* to do familiar and fun holiday activities – (for example: making, signing, or mailing cards OR making up mixes with recipes to share OR baking something and wrapping it)

### **For the Care Partner**

**Keep gatherings smaller & visits shorter**

Offer time out

Make a list of pleasures to do

Help visitors understand before they begin interacting

Encourage going out and doing something fun, rather than just talking

**Ask visitors to bring old pictures, old familiar items or props, and be prepared to reminisce about old times**

Consider cutting back on traditions if they seem distressing

Help visitors out by introducing them with some orienting information, if they forget to do so

Exercise and watch your stress levels

Get a ‘friend’ to help the person with dementia select gifts, shop, or do something special for loved ones, including you!

### **For the Visitor**

Start off by looking friendly and offering your hand in a handshake

**Introduce yourself by NAME, not relationship. Then PAUSE, if the person still doesn't seem to ‘know’ you, give them a little more background**

Use shorter phrases and PAUSE between thoughts or ideas, giving the person a chance to process & respond

Talk about *old* times more than recent ones

Keep memories positive, if possible

Accept ‘general comments’, don't push for specifics

Don't correct errors, go with the flow of the conversation

Be prepared to hear old stories over and over; use old pictures or props to bring up other old memories... *and laugh!*

**Do something with the person rather than just talking to them**

*\*If the person says something distressing or seems worried about something, realize it may not be true, but they are not lying to you, their brain is lying to them. Check it out with the care partner before acting on it.*