



# NAVIGATING THE HOLIDAYS

The holidays are just around the corner and plans are likely underway to celebrate with family and friends. Sharing laughter and memories are a big part of holiday traditions. For families coping with Alzheimer's and memory impairment, the holidays can also be challenging, filled with stress, and anxiety. Here are a few tips to help make the most of the holidays:

## KEEP IT SIMPLE AT HOME

### Make preparations together

If you bake, your loved one might be able to participate by stirring batter or rolling dough. You might find it meaningful to open holiday cards together. Concentrate on the doing rather than the result.

### Tone down your decorations

Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for edible treats – such as artificial fruits.

### Host quiet, slow-paced gatherings

Holiday gatherings often involve music and loud conversation. Yet for a person who has dementia, a calm and quiet environment usually is best. Keep daily routines in place as much as possible and, as needed, provide your loved one a place to rest during family get-togethers.

### Celebrate in the most familiar setting

Keep in mind a change of environment – even a visit home – can cause confusion. To avoid disruption, consider holding a small family celebration at home.

### Keep it intimate

Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who's who, two or three familiar faces are likely to be welcome. A large group, however, might be overwhelming.

### Schedule visits at your loved one's best time of day

Keep a consistent schedule and plan activities during the time of day that is best for your loved one. If the perfect family get-together isn't practical, you can still look forward to spending time together enjoying each other's company.

If you would like more information, please contact Inspir Modern Senior Living. Our knowledgeable staff of professionals understands and is here for you throughout the journey.



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