

NEWSLETTER

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With the holiday season at our doorsteps we wanted to share some tips on how to keep the holidays enjoyable for people living with dementia and their care partners.

Tips to Keep the Holiday Season Enjoyable

1. Keep decorations simple so not to require to change familiar spaces and keep safety in mind (i.e. lit candles, trip hazards, ...).
2. Keep the environment calm and soothing (play familiar holiday music). Create a quiet spot during family gatherings if they get overwhelmed.
3. Avoid large gatherings that can be confusing and stressful. Instead plan smaller and shorter duration visits during the day.
4. Prepare visitors by giving them communication and interaction tips before the visit.
5. Try as much as possible to keep their usual routine during this season.
6. Ensure proper liquid intake and limit sugary foods.
7. Spend quality time together by listening to music, baking, looking at a family album, reading a holiday story, watching a holiday movie, or writing cards.
8. Take time for yourself and ask family members to help out.

By adjusting your expectations and modifying some traditions, you may find new meaningful ways to celebrate the holidays together.

Tips & Tricks

Keeping Busy

Keeping people living with memory loss busy during the day can very challenging, especially if you do not include TV and endless napping. The best activities are the ones that the person can relate to from things they used to do in the past either during their professional life, hobbies, or in their homes. Folding is a favorite at our center, which can be done over and over again. Having a junk drawer box that they can 'organize' can be helpful. If someone used to work in an office they may like to work with paper products such as opening and organizing 'junk' mail or stuffing envelopes. Games, such as card games, may need to be simplified to match their cognitive abilities. We have noticed that when we ask if they want to do a certain activity the answer may be 'no', but if we simply make the activity available to them where they are sitting they start engaging in it anyways. Taking a walk together during the cooler months can therapeutic for both of you.

All About YOU

Remember to thank yourself for all you do.

During this season of giving make it a point to give yourself a well deserved present. It could be a weekend away while family or friends care for your loved one, a massage, dinner out with friends, or those pair of shoes you don't really need but just can't live without.

