



# Adjusting to the Holidays

Some solutions to the challenges for people with dementia...

- ◆ **Set priorities** - what was most **meaningful** to them before the diagnosis
- ◆ **Introduce people** as they come into the room, even if they are close family
- ◆ Provide a **quiet, comfortable space** for the person to get away from the group that has things to do in it that will distract them
- ◆ **Breathing exercises**
- ◆ Don't write the annual letter - **send a card or picture**
- ◆ **Limit travel**
- ◆ Choose **less crowded religious service times** or read stories or sing songs at home
- ◆ **Take shortcuts** (simplify things) - consider simple decorations they would have used as a child or can make themselves as part of an activity - stringing popcorn or cranberries, linking paper chains, make a wreath
- ◆ Make sure **healthy eating, exercise, and sleep** are part of the schedule
- ◆ Drive around **looking at lights** instead of hanging your own
- ◆ Learn to **say no**
- ◆ **Set a schedule** and stick to it (plan ahead)
- ◆ Assign a close family member or friend to **watch over the person when in a group** - this gives the **care partner a break** and keeps them comfortable
- ◆ **Avoid crowds** at stores and restaurants
- ◆ **Watch movies at home** instead of going to live theater
- ◆ Set clear and **realistic expectations**
- ◆ **Educate others** about your situation
  - warning about **how the person has changed**
  - explain your **need for consistency** and saying no

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