

Keeping Your Loved Ones Safe During the Holiday Season

December is the most celebrated month out of the whole year for family and friends to get together. If you are a family member or caregiver of a loved one with Alzheimer's disease, it may take extra planning and patience in preparation for family parties. The following are helpful hints in lessening the stress and frustration of this holiday season for those who have memory impairment:



1. Talk with the individuals with Alzheimer's a week in advance about what may occur during the holiday. Perhaps show photos of friends and family members that may be stopping by for a visit, so these memory-impaired loved ones can be getting comfortable with who will be present.
2. Keep the individual on Alzheimer's on their regular schedule including naps and dinner time. If changes have to occur, make them simple with reassurance that they are okay.
3. Keep everything familiar to them if the event is at home. Try not to rearrange the furniture, as it may cause confusion to the individual.
4. Prior to the holiday, educate family members about memory and personality changes concerning the individual with Alzheimer's. Ask that they include the individual in activities and conversation, but not to respond with, "Don't you remember...?" The individual may become frustrated with their inability to recall that event and become embarrassed, angry and confused.
5. Ask the family member to help out with simple preparation tasks, folding napkins, washing the dishes and helping with dinner. Make it simple but look for ways to include them and keep them engaged.
6. If the family member with memory impairment is noise sensitive, then make sure the conversation or music is at a comfortable range. Too much stimulation can frustrate and confuse them.
7. Maintain their medication time and limit alcohol use.
8. Check in with the family member about how they are doing and watch for any personality changes that may indicate overstimulation.

The above are simple suggestions to minimize the frustration level of the caregiver and the individual with Alzheimer's during the holidays.

Please contact us at Personal Health Partners at **800-327-7272**, if you would like to discuss your own specific situation.

May you have a warm and peaceful Holiday Season.

