



**For More Information Contact:**

Erin Kelley, Director of Advancement  
Memory Care Home Solutions  
Phone: (314) 645-6247  
Cell: (314) 471-3444  
Email: [ekelley@memorycarehs.org](mailto:ekelley@memorycarehs.org)

**7 Things to Consider as you Prepare for the Holidays with your  
Loved One Suffering from Dementia**

**Tone down decorations.** Flashing tree lights can cause disorientation, and artificial fruits can be mistaken for real food and choked on. If you think candles might pose a problem at the dinner table as people pass dishes, replace them with a different center piece.

**Keep a quiet room as a getaway.** A bedroom or den away from the main activity of a holiday party is an ideal place to take a senior who gets agitated because of his dementia.

**Pick and choose traditions.** Coordinating family traditions, meals, and festivities might be increasingly difficult if you are also caring for a loved one with dementia. Maintain only those that are most important to you and your family, or see if another family member will take the reins on planning something.

**Delegate responsibilities.** Every party runs smoother if you enlist the help of guests, especially if a main priority is keeping your loved one with dementia happy. Appreciate gestures to prepare dishes or help with clean up, and don't try to do it all yourself.

**Apprise family members of loved one's condition.** Although you may be familiar with mom's behavior because she lives with you, you'll want to inform your guests and relatives of her most recent difficulties. Even younger kids should be told that grandma is a little sick and might not act like she used to.

**Rethink gift-giving.** There's always someone who is tough to buy for. This year it might be the relative with dementia. Avoid power tools and complicated games or puzzles. Something as simple as a photo album or a recording of old music might delight someone suffering from memory loss.

**Make meals flexible.** This applies to both the time you serve meals and the types of food you serve. Meals might need to be eaten earlier if your loved one with dementia gets restless in the evening, and it is a good idea to have a back up dish you can quickly prepare if someone doesn't fancy the main course.