

The Devoted
Daughter's Tips

Dementia Caregiving
During the Holidays

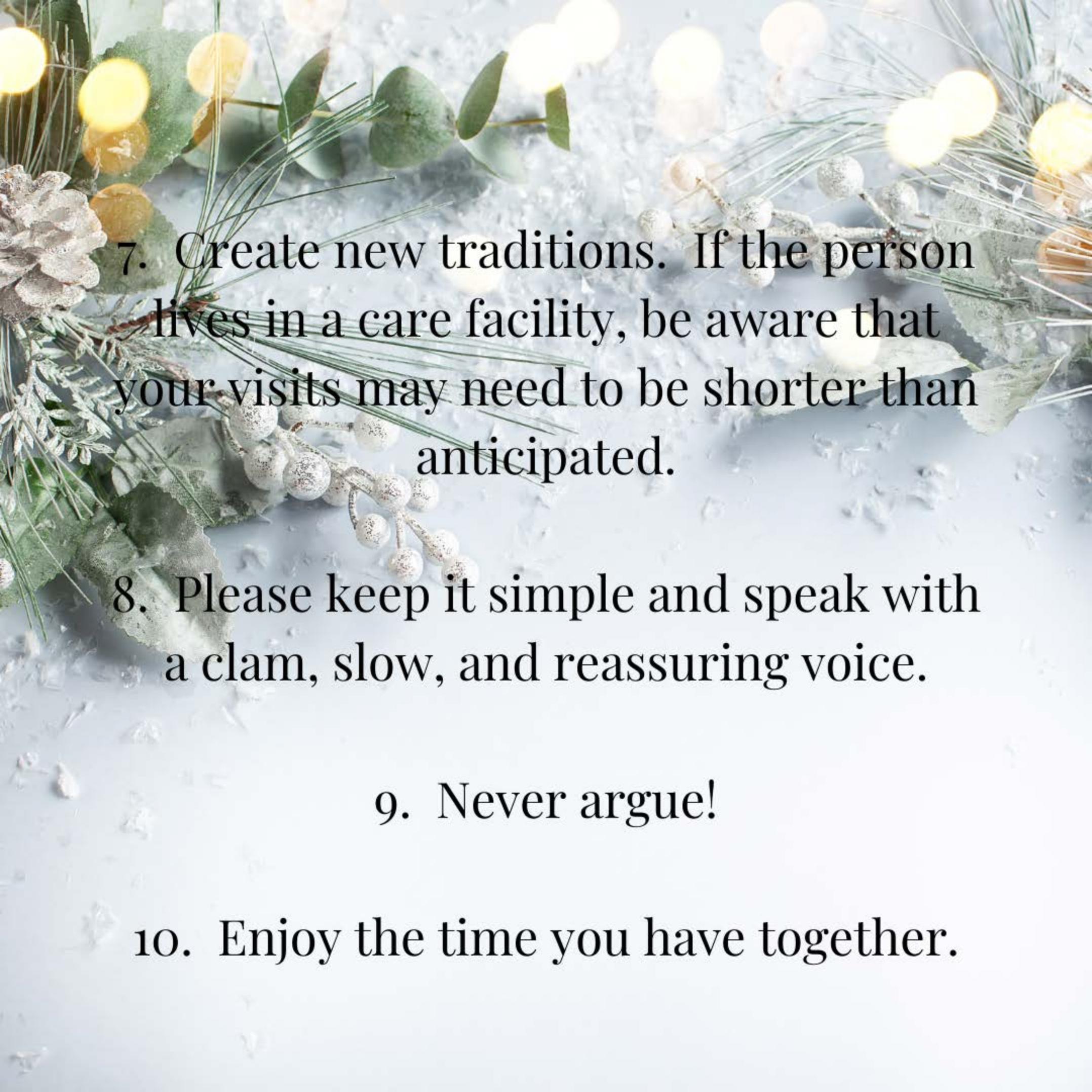
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1. Recognize the needs of the person you are caring for versus your desire to hang on to the past.
 2. Make a plan, and involve everyone involved in the care plan. The more a family can share with people outside the family the more enjoyable the holiday will be for everyone.
 3. Revisit memories by listening to holiday music, helping to address holiday cards, wrapping, small cooking or craft projects. Also dig out those old photographs.



4. If you are working in a professional capacity and need to know your persons history ask you manager for way you can support your client during the holiday season.

5. Create holiday care plans for those with dementia-related illnesses.

6. Create a quiet, restful clutter-free space in the home for relaxation. A small snack or reassurance may help to calm the person so they can relax.



7. Create new traditions. If the person lives in a care facility, be aware that your visits may need to be shorter than anticipated.

8. Please keep it simple and speak with a calm, slow, and reassuring voice.

9. Never argue!

10. Enjoy the time you have together.