

TERRA VISTA TIPS

HOLIDAYS AND ALZHEIMER'S



For those living with dementia and Alzheimer's, the holiday season can be **difficult** and **overwhelming**.

During this fast-paced and lively time of year, it is common for individuals impacted by memory loss to experience **depression**, become **easily stressed** with the busy holiday schedule, and feel that their established routines have been disrupted by travel and unfamiliar faces.

The key to combatting holiday stress when caregiving for an individual with Alzheimer's or dementia is to check-in, and **check-in often**.

Regularly asking both your loved one affected by memory loss and your fellow caregivers how they're coping this season will allow you to **adjust your plans based on current need**, rather than continue to compound their stress.



Other Tips for Coping Through the Holidays with Alzheimer's



1

Familiarize Others with the Situation

If you have extended family or friends attending holiday festivities alongside your loved one with Alzheimer's or dementia, it might be beneficial to let them know ahead of time about any **significant changes in cognitive ability**, **new communication techniques**, or other relevant information.

Remind visitors to be **patient**, and that changes in behavior and memory are caused by the disease and not by the person.

2

Adapt Gift Giving

Gift giving is a staple of the holiday season.

This year, we ask that you keep adaptive gifts – such as **comfortable clothing**, **family mementos**, or **favorite foods** – in mind while celebrating with your loved one with Alzheimer's or dementia.

3

Adjust Expectations

Caregiving for an individual with Alzheimer's or dementia may require you to make some changes to your holiday plans.

Whether that means having **fewer guests** over at a time, **breaking visits into smaller chunks**, or **changing meal times**, there are a number of ways you can maintain traditions without compromising your loved one's comfort.

4

Involve your Loved One

The holiday season is one full of memories and traditions. Involve the person with dementia by asking them to help you **prepare food**, watching **favorite movies**, or looking through **photo albums** with family.

5

Remember Respite Care

From household cleaning to large-scale cooking to traveling across the country, the holidays are often very busy and can be quite disruptive to an individual living with Alzheimer's.

This winter, we ask that you **keep Terra Vista's respite care services in mind** as an option for **helping you care for your loved one**.

6

Celebrating in a Care Facility your Loved One

Whether your loved one is taking a respite care stay or a permanent resident of a memory care facility, there are plenty of ways to celebrate the season.

From community holiday activities to bring in the family for a favorite meal, **make Terra Vista your home away from home this year**.

For more information about our respite care services, or to schedule a tour of Terra Vista today, visit us at terravista.org.



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TerraVista
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Changing the View on Alzheimer's Care

An Alzheimer's Assisted Living
Community

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