

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips for Celebrating the Holidays With Your Loved One With Memory Loss

Celebrating the holidays with those who have memory loss requires planning and teamwork. The environment should be safe and family and friends should be understanding and considerate of your loved one's needs. The most important thing to keep in mind is to be present in the moment and enjoy spending this time together.

Tips for Safety:

- **Follow the routine.** Having a routine is comforting and familiar to those with memory loss. Tailor the holiday celebration to their needs. If someone is planning on bringing the party to their loved one, it's best to not rearrange the room. They might really like the placement of a certain photo or chair and it could be very upsetting if they were moved and something else took their place.
- **Keep the area well lit.** This helps to prevent any slips, falls or confusion about the area. Cords should be out of walkways and remove rugs or mats that could cause the person to trip.
- **Decorations.** Avoid decorations that could be confused with food. Those with memory loss could think fake fruit or even pinecones are food. Ornaments that resemble food also have the potential to be a hazard. Keep it simple. Decorate the mantle, put up Nutcrackers, etc.
- **Consider the time.** If evenings are a difficult time for the person with memory loss, have the party earlier in the day. A holiday brunch or lunch could fit their schedule and comfort level more than an evening celebration.

Have a few designated people on standby to watch over your loved one if you get tired or simply want to join in on the festivities. This person will make sure your loved one is comfortable and know what to do if they become distressed or agitated. The rotation will keep the pressure off the primary caregiver so they have time to relax as well.

Holiday Activities:

- **Listen to holiday music together.** Whether people are singing together or music is on in the background, it can create a pleasant and festive atmosphere.
- **Cook/Bake.** Whether it's cooking the meal or baking holiday treats, this activity will also allow the person with memory loss to use their sense of sight, smell and taste.
- **Arrange flowers.** Making pretty decorations for the table together will be stimulating visually and aromatically. Displaying these arrangements during the meal will be a subject for conversation and your loved one can feel pride in their work.
- **Go through old photo albums.** Bringing back favorite pictures from holidays past can also inspire funny memories and stories.

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- **Admire decorations.** Going for a drive and looking at festive lights can be a nice break from the busy celebration scene and provide a quiet and calm environment where your loved one can enjoy the sights of the holidays.

Following these tips will help you have a successful holiday season with your loved one. They will cherish these moments with family and the activities that keep their focus on the present. Paying attention to your loved one's needs and involvement in the celebration and making adjustments so they can participate will make for a fun and happy holiday experience for everyone.

Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.

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