

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips on Holiday Activities for Loved Ones with Memory Loss

Figuring out what holiday activities a loved one with memory loss can participate in can get overwhelming. Balancing routines, comfort and safety levels are all important, but the person planning the activities might not know what to do. Working with family and doing casual holiday activities are great for any person with memory loss. Some slight changes may be required, but including those with memory loss can definitely be done.

In terms of safety, keep the area well-lit, have clear pathways and put away any cords that could cause someone to trip or fall.

#### Holiday Activities:

The holidays don't have to stop because a family member has dementia. Many holiday traditions can remain the same because of their familiarity, involvement and fun!

- **Decorate** – Trimming your holiday tree, admiring the festive lights and hanging up wreaths is a good way to spend quality time together while offering visual cues that it's the holiday season.
- **Cook/Bake** – Depending on the level of ability, people with memory loss can participate in cooking and baking. Helping with ingredients or rolling out dough for cookies is an inclusive and meaningful way to involve them, especially if they used to do so in the past.
- **Setting up** – Getting the table ready by assembling cutlery, folding napkins and placing the dishes will let the person with dementia feel helpful and give them a sense of independence.
- **Listen to holiday music** – Singing songs with family, even in late stages of dementia, can help invoke a reaction or response.
- **Photographs** – Going through photographs of past holidays is an opportunity to bring up old stories and trigger memories for the person with memory loss.

#### Safety Tips:

In addition to keeping walkways well-lit and free of obstacles, there are a few other safety precautions to take:

- **Label** – Consider labeling rooms and objects to help the person with memory loss move around with more ease.
- **Caregiver** – There should be a caregiver with the person with memory loss to help make sure their holidays are as enjoyable as possible. However, the caregiver will probably need to take a break, so have another trusted family member on hand to help take care of the loved one during these times.
- **Routine** – Since seniors with dementia usually have a routine that is good for them to stick to, plan holiday activities around it. If their energy and comfort levels are higher during the late morning/early afternoon, then do the holiday activities around that time.

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Coordinate with other members of the family. Have about two to three backup caregivers who the person with memory loss knows and trusts. Should the primary caregiver need a break, another can step in. This person needs to be attentive and watch for signs of discomfort or anxiety from the activities.

Holidays are a great time to reminisce and make new memories together. Including a loved one with memory loss in these activities will give them a wonderful holiday season.

### **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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