

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips for Enjoying the Holidays with Your Loved One with Memory Loss

For all the good cheer of the holiday season, it can also bring uncertainty and questions for families of a loved one with memory loss. The good news is that there are specific steps you can take now to prepare for the holidays in ways that will benefit your loved one while still maintaining the joy of the season.

Both the **Alzheimer's Association**[®] article, "[Holidays and Alzheimer's Families](#)" and the **Mayo Clinic** article, "[Alzheimer's: Tips to make holidays more enjoyable](#)" provide useful ideas for keeping the holidays happy for you and your loved one with memory loss. For example:

1. **Be Realistic** – Set realistic expectations for yourself and your loved one. Avoid taking on too many tasks and consider scaling down your holiday traditions. Try to limit travel and reduce your number of guests for parties.
2. **Prepare Your Loved One Early** – Be sure to prepare your loved one with memory loss for the holidays well ahead of time. Provide a private "sanctuary" that they can retreat to when things get too hectic. Also, avoid giving them alcohol as it can cause depression.
3. **Keep It Calm** – Loved ones with memory loss can feel overwhelmed or irritated with changes in their routine and increased levels of noise, people and overall stimulation. Therefore, try to limit your number of guests and visitors at any one time. Keep in mind they may also have anxiety over others noticing their impairment.
4. **Be Open and Honest with Others About Your Loved One** – Let family and friends know about your loved one's memory loss and your concerns. Prepare them for what to expect and how to best communicate with your loved one.
5. **Involve Your Loved One to The Extent They are Able** – You can still share the joy of the holidays with your loved one with memory loss in many ways. Take a ride to see holiday lights, sing or listen to festive music, read cards, bake cookies or hang ornaments together.
6. **Limit Decorations** – Over-decorating and using bright, blinking lights can cause overstimulation for those with memory loss. Avoid lit candles and other safety hazards, as well as decorations that could be mistaken for edible treats.
7. **Give Safe, Useable Gifts** – Your loved one will enjoy such gifts as photo albums of family and friends, stuffed animals or soft pillows, favorite music, videos and movies, and simple games.
8. **When Visiting or Traveling** – When visiting friends and family during the holidays, take a favorite "comfort item" for your loved one with memory loss and prepare the hosts for your loved one's special needs. If you're traveling distances, be sure to plan ahead for all possible eventualities.
9. **Ask for Help and Support** – Frequently, friends and relatives want to help, but are not sure how. Ask them for specific assistance during the holidays, e.g. "Please take dad to his dentist appointment next Tuesday." You might also ask for a gift certificate for respite care if they'd like to do something very special for you that provides a mental break!

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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 comfort 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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