

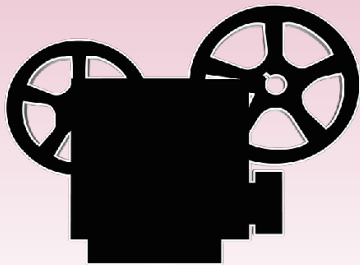
# Adjusting to the Holidays

## Some solutions to the challenges for people with dementia...

- Set priorities
  - what was most meaningful to them before the diagnosis
- Introduce people as they come into the room, even if they are close family
- Provide a quiet, comfortable space for the person to get away from the group that has things to do in it that will distract them



- Breathing exercises
  - Don't write the annual letter - send a card or picture
  - Limit travel
- Choose less crowded religious service times or read stories or sing songs at home
  - Take shortcuts (simplify things)  
consider simple decorations they would have used as a child or can make themselves as part of an activity - stringing popcorn or cranberries, linking paper chains, make a wreath
  - Make sure healthy eating, exercise, and sleep are part of the schedule
  - Drive around looking at lights instead of hanging your own
  - Learn to say no
  - Set a schedule and stick to it (plan ahead)
  - Assign a close family member or friend to watch over the person when in a group - gives the care partner a break and keeps them comfortable



- Avoid crowds at stores and restaurants
- Watch movies at home instead of going to live theater
- Set clear and realistic expectations
- Educate others about your situation:
  - warning about how the person has changed
  - explain your need for consistency and saying no