

## Holiday Gift Ideas

Gift	In a care setting	Living at home
<b>Comfortable clothing:</b> In favorite colors or to replace favorite items.	✓	
<b>Family calendar:</b> Include photos and dates for special family occasions.	✓	
<b>Favorite Christmas treat:</b> Send a care package. Small amounts are always better to avoid spoilage. Try chamomile tea if your loved one has a hard time sleeping at night.	✓	✓
<b>Mind-stimulating games:</b> Such as crossword puzzles and Sudoku.	✓	✓
<b>Music:</b> Choose songs from your loved one's favorite genres and eras, since short-term memories tend to erode before more distant memories. Try an iPod, headphones, and create a musical playlist of their favorite music. If they already have an iPod, get them an iTunes gift card and help them purchase more songs.	✓	✓
<b>Pleasant-smelling aromatherapy products:</b> Both calming and enjoyable. Popular aromatherapy products include lotions, bubble bath soaps, diffusers, and plug-ins. Lavender, vanilla, ginger, and lemon are all scents that help a person to relax.	✓	✓
<b>Reminiscing book:</b> Capture their memories while they are able to tell you details. This will be very helpful as time goes on. Try photo websites where you can save your album to print additional copies in the future. This also allows caregivers to get to know your loved one and reminisce/redirect them if they are having a bad day. Also try framed photos with names of who is in the picture.	✓	✓
<b>Robotic therapy pet:</b> These mechanical, battery-operated animals make familiar sounds and mimic actions, such as purring, arching their head back, lifting paws, barking, and wagging tails. They are proven to calm when someone is upset, improve behavior, and bring joy. Dogs or cats are available, depending on your loved one's preference!	✓	✓
<b>The Safe Return<sup>®</sup> program:</b> Provides 24-hour assistance for those with dementia who wander or have a medical emergency. Includes an identifying bracelet or necklace. Adding charms or locket to the jewelry can help make it feel more personal. This is one of the best gifts you can give—not only to the person with dementia but also the caregiver to give them a little piece of mind.		✓
<b>Weighted blanket and/or companion:</b> Weighted blankets have been shown to help with behaviors, decrease anxiety, improve sleep patterns, and reduce the risk of falls. Check with your local quilting club to see if they can make one, or get a doctor's note and we will order. You can also use a weighted, lavender-scented doll or stuffed animal.	✓	✓

### Helpful tips for any stage or setting

- Less is more—not only when looking at buying gifts for special events, but also in holiday planning.
- There are also wonderful ideas and gifts for people with dementia at [www.alzstore.com](http://www.alzstore.com).