

# HOLIDAY GIFT GUIDE

for loved ones living with Alzheimer's and their caregivers

## 5 gifts for people with Alzheimer's In the early stages

- Post-it notes or an erasable white board to list reminders or the day's activities.
- Baskets or trays that can be labeled within cabinets or drawers.
- Gift cards for ride-sharing services or a favorite activity (golf, movie, restaurant) allowing the person to remain active.
- GPS trackers (bracelets, watches, small trackers) or enrollment in a safe return program to keep the person safe.
- A "memory" calendar featuring family photos – write-in special family occasions such as birthdays and anniversaries.

## 5 gifts for people with Alzheimer's In the middle stages

- Music playlists that include the person's favorite artists or songs.
- Comfortable, loose-fitting clothing that is easy to put on, remove and wash, such as sweat suits, slip-on blouses/shirts, non-slip socks, Velcro shoes, wrinkle-free nightgowns, nightshirts or a fluffy bathrobe.
- Framed photographs or a photo collage created specifically for your loved one. Insert the names of the people in the photos to help with identification.
- Soothing gifts that can help with anxiety like a handheld massage ball or a soft blanket.
- Adaptive dining equipment such as no-spill cups, plate guards and silverware with specifically designed handles that enables greater independence during meals.

## 5 gifts for people with Alzheimer's In the late stages

- A memory phone that can store pictures with the names and contact information of family and friends.
- Nightlights that activate automatically when it gets dark.
- A digital clock with large type to indicate date and time.
- An outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family.
- Engage your loved one in making homemade gifts for the family, painting ornaments, decorating stockings, table setting, scrapbooking or other activity gifts.

## 5 gifts for dementia caregivers

- The most important gift you can give a dementia caregiver is the gift of time. In fact, just a 20-minute break each day can help lower a caregiver's stress and help avoid burnout.
- Self-made coupons for cleaning the house, cooking a meal, mowing the lawn or shoveling the driveway.
- Gift cards and certificates for restaurants or meal delivery, laundry/dry cleaning services, lawn care services, computer/technology support, maid services, and personal pampering services such as massages and pedicures.
- Books – in addition to giving novels on the caregiver's "must read" list, there are a number of books on caregiving and maintaining self-health.
- Self-care items such as a bundle of personal care items (moisturizers, bath bombs and soaks, foot creams, scrubs, soaps).