

Holiday gift giving ideas for individuals with Alzheimer's disease or memory impairment

In the early stages

- magnetic reminder refrigerator pads
- Post-It notes
- baskets or trays that can be labeled within cabinets or drawers
- a small pocket-sized diary or notebook
- erasable white boards for key rooms in the house
- a memorable calendar featuring family photos – write special family occasions such as birthdays and anniversaries
- a memory phone that can store up to eight pictures with the names and contact information of family and friends
- automatic medication dispenser that can help the person living with Alzheimer's remember to take medicine
- nightlights that come on automatically when it gets dark
- a clock with the date and time in large type
- an outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family
- favorite musical CDs or CD with compilation of favorite tunes
- VHS/DVD collection of favorite movies
- activities such as scrap booking or other craft projects
- Taxi charge account for transportation, so your loved one can have a sense of freedom and independence.

In the middle-to-late stages

- Sensory stimulation gifts such as scented lotions, a fluffy bathrobe, or a soft afghan or blanket
- Simple to manage clothing
 - Sweat suits
 - Tube socks
 - Shoes with Velcro
 - Wrinkle free nightgowns or night shirts
- Materials to sort - sorting is an activity that most people with AD enjoy.
- Music- research shows that music has a positive impact and can help bring individuals with AD back to good times. Try to locate stores that have remakes of old albums
- Short car trips (i.e. watch seasonal changes, or holiday lights)
- Tape church services for your loved one, as they may no longer be able to attend themselves, but they can bring a lot of comfort to your loved one.
- Memory books, family pictures, photo albums. This collection of pictures from ones past can help bring memories that are still intact to light
- Pet Visits- most people in the late stages still enjoy animals
- Hand/body lotion- most people in the late stages of AD still can enjoy comfort from touching. Try a hand or body massage (Do not massage legs, as blood clots can form in older people)

Please feel free to call, (your name), at Arden Courts of _____ for additional holiday gift ideas for your loved one with dementia at _____ (your telephone number