

# Amazing Place *Family* Album



Dawn M. with her daughter at the Alzheimer's Walk



Melva V. (center) at the Alzheimer's Walk



Pauline N. with Linda Montgomery at the Taco After-Walk Party



Amazing Place group has fun at the zoo!



Lincoln L. and Irl B. at the Zoo



AMAZING PLACE®  
A day center for adults with mild to moderate dementia

# Family Spirit

Monthly News and Program Calendar

DECEMBER 2015

## Finding Joy during the Holidays

by CAROL COOPER, Care Team Director

*Holidays can be a bittersweet time especially for those caring for individuals with dementia. There is the struggle of holding on to traditions and making the time meaningful while minimizing stress. As we prepare for the joys of the holidays, we wanted to share a few helpful tips and reminders.*

### Take care of yourself by asking for help.

Many friends and family will be coming to town and this is a great time for them to help with some of your caregiving responsibilities. They can take a loved one on an outing or spend time looking through photo albums while sharing in reminiscing. They can be a part of getting your loved one involved in one of their favorite hobbies. This could be an opportunity to get help with chores such as grocery shopping or refilling medicine dispensers which all can take a great deal of time.

### Adjust and set realistic expectations.

Share with your family how things have changed with your loved one's dementia and what new things to expect or not expect. If everyone is together, this could be the right time to schedule that much-needed family meeting to discuss changes and extra support, or legal documents.

### Include the person with dementia in the planning and preparation process.

Your loved one wants to be helpful and could participate in simple assignments such as cutting tape for gift wrapping, taking boxes to place under the tree, putting cookies on trays for guests or being a host as people arrive at your home. Allow them to be a part of the planning as well as participating in the holiday festivities. Looking at old family photo albums is an activity that many with dementia will enjoy.

### Stay Flexible.

Rather than having dinner with your family and friends, try lunch or brunch. This could be helpful especially if your loved one experiences sundowning.

### Prepare your loved one for visitors.

Begin showing pictures of the guests to your loved one before they arrive. Keep routines as close to schedule as possible. Allow hired caregivers to be available during big family gatherings.



Carol Cooper with Antoinette B. and Sharon P.

*All of us at Amazing Place wish our families and friends a blessed, peaceful and joy-filled holiday!*