



Alzheimer's
LOS ANGELES

Holiday Tips for Caregivers

For families affected by Alzheimer's

Welcome

For support and information, contact us!

Helpline: 844.HELP.ALZ or 844.435.7259

Email: help@alzla.org

Website: www.AlzheimersLA.org

We offer free remote help, including:

- Care counseling
- Support groups
- Educational talks

11.14.21

LA STATE HISTORIC PARK

GATES OPEN AT 12PM



AlzheimersLA.org/MakingMemories
FOR TICKETS & INFO

Making Memories FESTIVAL

40
YEAR
ANNIVERSARY

 Alzheimer's
LOS ANGELES

A Celebration of LA Food & Music

Food Trucks • Beer & Wine Garden
Community Resource Booths



FEATURING PERFORMANCES BY

 **OZOMATLI**

ELLAS • EGYPTIAN LOVER

NO SMALL CHILDREN • QUINTO SOL

DJ MONA LISA

 Alzheimer's
LOS ANGELES

Why am I stressed about the holidays?

- What do you think will happen with the person with Alzheimer's?
- What do you think will happen with the other family members?
- What do you think will happen to our holiday traditions?





10 Holiday Survival Tips



#1 Understand the emotions

- Sense of loss for the way things used to be
- Guilt for not doing enough
- Feelings of discomfort
- Denial, not wanting to accept the changes
- Fear and anxiety due to COVID-19



#2 Prepare the person with dementia

- Show photos of those who will be visiting
- Visit the doctor to address any health issues
- Familiarize the family member with others who may provide care during this time
- Practice using protective steps such as wearing face masks, using hand sanitizer, etc.



#3 Prepare the caregiver



- Exercise, eat well, take care of yourself
- Delegate duties, identify your support network
- Plan breaks and time to yourself
- Plan time for you to spend with other family members
- Identify your boundaries, what you can and can't do
- Trust your instincts

#4 Prepare other family members

- Educate family members about what limitations there are
- Share communication techniques
- Share about difficult behaviors and how to respond
- Identify safety measures required during COVID-19 such as mask wearing, no-contact methods of socializing, using hand sanitizer, etc.
- Limit anyone who is potentially risky



#5 Adapt holiday traditions



- Change the time of family gatherings to a time that is ideal
- Find a location that is calming
- Set the maximum length of time for activities
- Plan activities that fit with abilities
- Prioritize activities, and identify those that cannot be done

#6 Gift suggestions

- Comfortable clothing, wraps, blankets, ponchos, socks, slippers, sweaters
- Audio tapes of books, music
- Photo albums, picture books
- Gift certificates
- Donations
- Advise against brain games, electronics, pets, breakable items



#7 Preparing the home



- Find a calm area for a break
- Avoid confusing items like artificial fruit, edible decorations, etc.
- Run through safety issues such as throw rugs, clutter, good lighting
- Keep an area that is kept monitored for COVID-19 safety measures such as no entry without washing hands, wearing masks, keeping distant.
- Stock up on masks, hand sanitizer, tissue

#8 Planning activities

- Schedule family and friends visit times
- Schedule naps, quiet time
- Identify activities that they can do: taking walks, making cookies, looking at photo albums, listening to music
- Explore ways to engage with virtual activities such as music concerts, visiting parks, playing games



#9 Holidays at facilities



- Contact the facility to learn what COVID-19 safety protocols they have for family visits
- Join facility celebrations
- Bring or plan activities such as unwrapping gifts, looking at photo albums, a stroll around the facility
- Plan for virtual visits with the staff so that they provide technical assistance

#10 Travel wisely

- Take into account the person's abilities and limitations
- Never leave the person alone
- Avoid peak travel times
- Try to stick to daily routines
- Have identification such as bracelets, clothing labels, tracking devices
- Monitor COVID-19 restrictions and recommendations



Alzheimer's Los Angeles



Helpline: call us in any language
844-435-7259

Care Consultation: receive free one-on-one help

Education & Training: classes on Alzheimer's and caregiving

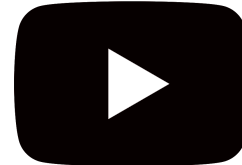
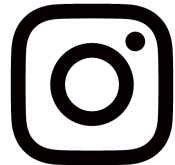
Support Groups: find a group near you or by telephone

Volunteer & Fundraise: join our team of volunteers



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