



5 Holiday Tips for *Alzheimer's Caregivers*

Caring for someone with Alzheimer's disease can be difficult no matter what time of the year it is; while the holidays can be stressful regardless of whether or not you're caring for someone with Alzheimer's. Having to tackle these challenges together can be enough to make you think about skipping the festivities altogether. Fortunately, it doesn't have to be that way. A little planning and prioritizing can make the holiday enjoyable for you and your loved one. Here are 5 holiday tips for Alzheimer's Caregivers.

1. Adhere to Dietary Restrictions

Certain foods, such as sugar, are known to magnify cognitive difficulties. When planning holiday meals, include foods your loved one can enjoy.

2. Avoid Crowds

Crowds can cause those with Alzheimer's to become agitated and anxious. Plan shopping trips during less popular times or shop online.

3. Minimize Noise

Noise is a common stressor for those with Alzheimer's. Try to keep it to a minimum to avoid making your loved one overstimulated.

4. Keep Their Environment Well-Lit

Make sure there is plenty of light at holiday gatherings. Dim lighting makes it difficult to see and can result in falls or other accidents that could have been prevented.

5. Be Considerate When Planning Activities

Make sure to consider your loved one's limitations when planning holiday activities. For example, skip the light shows if your loved one is easily overstimulated. Avoid group games that require a good memory.