

Tips for Alzheimer's Caregivers During the Holidays



01

Establish family traditions.

02

Create a quiet space.



03

Simplify decorations, limit choices and avoid clutter. A simplified environment can reduce stress and clutter.

04

Choose activities that resonate with your loved one's interests and abilities.



05

Use simple language and one-step instructions. Maintain eye contact and speak slowly, allowing time for understanding.

06

Involve your loved one in holiday preparations, such as wrapping gifts or setting the table.



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Schedule holiday gatherings at times when your loved one is most alert and content.

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Consider dietary needs.

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Share information about Alzheimer's with other family and friends to engage in meaningful interactions.

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Practice self-care.