



As we approach the holiday season, caregivers of individuals with dementia face unique challenges in creating meaningful and joyful experiences for their loved ones. While the festivities can be a source of joy, they can also bring about stress and confusion for those navigating the complexities of dementia. Here are some essential tips to help dementia caregivers navigate the holiday season with care and compassion:

- 1. Maintain Routine and Familiarity:** Stick to established routines as much as possible. Familiar surroundings and consistent schedules can provide comfort and stability for individuals with dementia. When planning holiday events, try to incorporate familiar elements to reduce anxiety.
- 2. Simple and Meaningful Celebrations:** Keep holiday celebrations simple and focused on the individual's preferences. Consider hosting smaller gatherings with close family and friends to minimize overwhelming stimuli. Choose activities that are familiar and enjoyable, and avoid overcrowded or noisy environments.
- 3. Communicate with Guests:** Inform guests about your loved one's condition and provide them with guidance on how to interact.
- 4. Create a Safe Space:** Designate a quiet and comfortable space where your loved one can retreat if the festivities become overwhelming. Ensure that this space is equipped with familiar items and is easily accessible when needed.
- 5. Adapt Traditions:** Modify holiday traditions to accommodate the needs of your loved one. This might include simplifying decorations, adjusting meal plans, or finding alternative ways to engage in festive activities that align with their abilities.
- 6. Involve Them in Preparations:** Engage your loved one in holiday preparations as much as possible. Simple tasks such as decorating, wrapping presents, or listening to holiday music together can provide a sense of purpose and connection.
- 7. Be Mindful of Dietary Restrictions:** If your loved one has specific dietary restrictions or preferences, ensure that holiday meals are tailored to their needs. Consider preparing familiar dishes that they enjoy and that align with any dietary guidelines provided by healthcare professionals.
- 8. Offer Support to Caregivers:** Caregivers often carry a significant emotional and physical burden. Encourage them to seek support from friends, family, or local caregiver groups. Providing respite care or assistance with daily tasks can make a meaningful difference.
- 9. Reflect and Adjust:** Be prepared to adapt plans based on your loved one's response. If a particular activity or environment proves too overwhelming, be flexible and prioritize their well-being over rigid plans.
- 10. Practice Self-Care:** Caregivers, remember to prioritize self-care during the holidays. Take breaks, seek support, and acknowledge the emotional challenges you may face. Taking care of yourself enables you to provide better care for your loved one.

For further information, please visit [alz.org/help-support/resources/holidays](https://alz.org/help-support/resources/holidays).

### Upcoming Programs

**ALZHEIMER'S ASSOCIATION®**

**ESPERANZA PARA MAÑANA**  
Thriving Through the Years: Addressing Health & Aging

**DECEMBER 9, 2023**  
8:30 AM - 1:00 PM

**ST. PHILIP THE APOSTLE CATHOLIC CHURCH**  
8131 Military Parkway  
Dallas, Texas 75227

**REGISTER TODAY!**  
Call 800.272.3900 or visit [tinyurl.com/Esperanza24](https://tinyurl.com/Esperanza24)

Join us for this free event where we will explore the important aspects of staying healthy as we age. We'll talk about understanding dementia, managing stress, medication safety, fraud prevention, and making our homes safer for aging loved ones. You'll hear from area experts to help provide guidance and support for you and your family as we navigate the challenges of growing older. **Program delivered in English and Spanish.**



**Monday, December 6**  
4:00 PM - 6:00 PM

**The Grove at Frisco Commons**  
8300 McKinney Rd  
Frisco, TX 75033

**Living with Alzheimer's for Caregivers - Late Stages** | In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this program, you'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

[Click here to register.](#)



**Wednesday, December 13**  
01:00 PM on ZOOM

**Public Health and Dementia Caregiving: A New Public Health Curriculum Module for Students and Professionals** | Join the Alzheimer's Association's Healthy Brain Initiative for a webinar launching the new, free, interactive public health curriculum module, Public Health and Dementia Caregiving, created in partnership with the University of Minnesota, CDC and Emory University. The webinar will cover the public health context of dementia caregiving, demo the curriculum module, and offer insights from educators and public health professionals on how they plan to integrate this module into their course curriculum and staff training. [Click here to register.](#)



**Thursday, December 14**  
12:00 - 1:00 PM on Zoom

**Table Talk: Tips for the Holidays** | The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. For families impacted by Alzheimer's disease and dementia, this time of year may be overwhelming. Join us to learn about helpful tips for making gatherings easier this holiday season. [Click here to register.](#)

#### ❄️ Winter Solstice Challenge ❄️



The Longest Day is the day with the most light, the summer solstice ☀️. But you don't have to wait — start fundraising to celebrate the **winter solstice**.

Raise \$200 by December 21, 2023 and you'll receive this limited edition long sleeve half zip pullover. Register today at [alz.org/TLD](https://alz.org/TLD)!



**Available in-person and online**

**As a caregiver, you likely have many responsibilities.** It is important to take care of your own well-being and to connect with others that understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information on caregiving challenges & possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. [Click here to find a group to find a group today!](#)

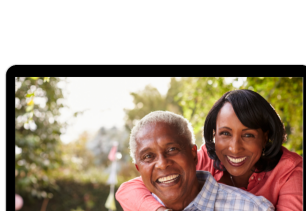


**Early Stage Engagement Program available at the Dallas Museum of Art & the Nasher Sculpture Center**

[Click here to view the full-sized flyer.](#)

**Meaningful Moments is Back!** Join us at the Nasher Sculpture Center and the Dallas Museum of Art (DMA) for Meaningful Moments workshops. Crafted in partnership with the Alzheimer's Association, this program provides a nurturing environment for individuals in the early to middle stages of Alzheimer's, Dementia, or memory loss, as well as for their care partners. Experience a harmonious fusion of social interaction, artistic engagement, and mindful activities, guided by our dedicated and trained Museum staff. Dates and times vary by location.

Please contact us at [Contact@MeaningfulDFW.org](mailto:Contact@MeaningfulDFW.org) for more information or to register.



### DEMENTIA CARE TRAINING

The Alzheimer's Association offers a full catalog of free courses available online, 24 hours a day. Learn from the comfort of home. Certificate of completion available.

[TRAINING.ALZ.ORG](https://TRAINING.ALZ.ORG)



### 24/7 Helpline 1.800.272.3900

This free service is available around the clock, 365 days a year.

#### Contact the Helpline day or night to:

- Speak confidentially with master's-level specialists for decision-making support, crisis assistance, disease education, and more.
- Receive referral information to local agencies and services
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages

The [Alzheimer's Association](https://alzheimer.org)® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

[Visit us online at alz.org](https://alzheimer.org)