

Christmas Fun with the Elderly

It is that time of the year. We really would like to have fun with our family without leaving out the elderly family members.

Here are some tips on how to do this:

Put up that tree and/or other decorations together. Make some cocoa and have fun. Play the holiday music and sing along together.

Make your own decorations. This is an excellent activity, especially for those with a dementing disease such as Alzheimer's. Home-made ornaments can be made for the tree, cards for gifts can be made, or wreaths for the doors.

Bake cookies together and decorate them. Be creative.

Go over photo albums from past holidays.

When having a family get together, try not to avoid loud banging noises like fireworks on New Year's eve. These noises can frighten your loved ones.

Make sure that there is a place in your home that your loved one can go to if it gets too overwhelming. A lot of people may be confusing to your loved one.

When decorating, avoid blinking lights. This may confuse your loved one.

If your loved one does not want to participate in the festivities, do not force the issue. Be patient and try again later.