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MEMORY CARE ASSISTED LIVING

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Bridges® by EPOCH Caregiving Tips for Memory Loss

Hints for Happy Holidays

For a person with memory loss, holiday traditions and rituals are reassuring links to a familiar past. For their caregivers, holidays can also bring an extra set of challenges. The tips below can help you keep the happy in your holidays while taking care of your loved one and yourself.

- Include the person in your preparations to familiarize him or her with the upcoming festivities. Participating with you while reminiscing can give your loved one a sense of joy, belonging and purpose.
- Set limits, and be clear about them with friends and family. You don't have to please others at the expense of you or your loved one's comfort and joy.

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- Avoid drastic changes in routine and strange or crowded places. Try to stay away from too much noise, lighting that is too bright or too dark and other triggers that can cause confusion, frustration or anxiety.
- Encourage friends and family to visit your loved one where he or she lives and feels most at ease. Limit the number of visitors at any one time.
- Explain to guests that your loved one may behave unusually. Give examples of what they might expect, such as incontinence, uncensored speech, wandering or hallucinations.
- Begin showing your loved one photos of the guests a week before arrival and explain who the person is each time.
- Take a break and enjoy a holiday activity of your own. Ask a friend or family member to spend time with your loved one while you're out.
- During the hustle and bustle of the holiday season, guard against fatigue and find time for adequate rest – for both of you.

Community Locations:

Andover, MA | Hingham, MA | Mashpee, MA
Nashua, NH | Norwalk, CT | Pembroke, MA
Sudbury, MA | Trumbull, CT
Westford, MA | Westwood, MA

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Source: National Institute on Aging