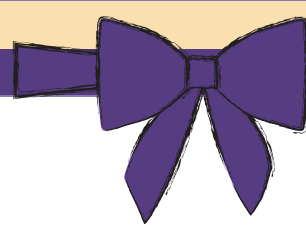


TIPS FOR A SUCCESSFUL HOLIDAY



1. TAKE BREAKS

The holiday season is a busy time of year. Sometimes it can be quite overwhelming, especially for persons living with dementia. Remember to take breaks throughout holiday gatherings and stay mindful of overwhelming situations.

2. ADJUST EXPECTATIONS

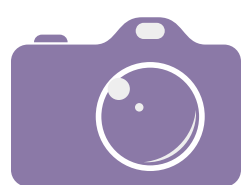


Sometimes things don't always go as planned, and that's okay! Adjust your expectations for the holiday season and reduce the amount of pressure you put on one another. Make the most out of the little moments!

3. REDUCE & AVOID NEGATIVE BEHAVIOURS

Living with dementia is different for everyone. Ensure that persons are comfortable and relaxed. If you sense a negative experience coming, be proactive and follow tip #1 and try to keep the situation as positive as possible.

4. TAKE PHOTOS



At Marlena Books, our family loves to look back at all of the great memories we've had over the year. Don't be afraid to pick up the camera and take some photos, even if they aren't perfect.

5. STAY ENGAGED

Persons with dementia want to contribute too! If willing, ask your relative to give you a hand with something (it can be small and simple). This keeps individuals happy to be helping out in the days' festivities!

6. BE PATIENT

As the holiday season can be overwhelming for everyone, give your loved one some extra time. If they're opening a present, don't rush them when unwrapping it. You can provide assistance but always ask first.



7. HELP NAVIGATE CONVERSATIONS



Many questions can come up during social gatherings. Check in on your relative and if they look frustrated, try to help them navigate conversations, without taking the words out of their mouth or share some tips for your family/friends on how to best support conversations with persons with dementia.

8. APPRECIATE FAMILY TIME TOGETHER

As busy as this season is, take the time to tell your loved ones how much you appreciate them! Remember the reason for the season and enjoy the holidays!

