12 HOLIDAY TIPS FOR DEMENTIA CAREGIVERS

1. **Reduce visual stimuli** such as blinking lights and reflections from mirrors and glass.
2. **Maintain adequate light levels** and keep lights on when candles are lit.
3. **Approach from the front** and be sure you're seen before coming closer.
4. **Show what you're saying**, use your lips, face, and hands/body with your words.
5. **Allow extra time for a response**. Be patient, and repeat your words if needed.
6. **Follow the narrative** you've been given. Don't correct - redirect.
7. Remember: **the words and actions are chosen by dementia**, not your loved one.
8. Be sure to **include your loved one** in conversation, and **stay present.**
9. **Time events and outings for midday** when a loved on may be more calm and cheerful.
10. **Simplify** rituals and help with once-familiar tasks. **Embrace imperfection.**
11. **Turn anticipation into action** - give your loved one a task to do to prepare for a future event.
12. **Count to three.** Leave the room. Re-read The Caregivers' Bill of Rights. **Be kind to yourself.**

VISIT FOR DETAILED BLOG POST

© 2025.

Beyond Dementia Coalition
beyonddementiacoalition.org