



Christmas top tips for living well with dementia



1. Play some familiar Christmas music or reminisce over photos

Playing old music and looking through photo albums can help to engage those living with dementia. It also adds an extra touch to your festivities!

2. Put up your decorations early and slowly

Instead of decorating overnight, plan ahead and introduce Christmas decorations gradually. This will help the person living with dementia to feel more comfortable with the festive changes.

3. Spread out family visits

A large number of guests at one time can be overwhelming, so ask family and friends to visit you at different times over the festive period.

If you are staying overnight with friends or family it can be helpful to make sure that rooms and hallways are safe and well-lit. Adding labels to doors for example the bathroom, can allow the person with dementia to be more independent.

4. Create a quiet room

If things do get busy, designate one room in your house as a 'quiet room' with an armchair to doze in away from loud noise. Remember, carers need naps too.

5. Keep routine as familiar as possible

Christmas Day means a change to the usual routine, but serving meals at usual times and in familiar surroundings can help the person living with dementia feel more relaxed.

6. Be mindful of food

Christmas lunch can be daunting for someone who has difficulties eating, so try not to serve large portions.

7. Get outside if you can

Even though it is cold, make sure to wrap up warm and get some fresh air.

8. Take time to enjoy Christmas

It's important that you celebrate Christmas too, so make sure you're giving yourself time to do things you enjoy doing on Christmas Day.

9. Watch your diet

Everyone indulges at Christmas but try to ensure you're still eating enough fruit and veg per day and taking in lots of fluids.

10. Take time to talk

You don't need to face dementia alone, talk to friends about it or if you need advice or a chat with someone who understands, call the Alzheimer Scotland Freephone 24 hour Dementia Helpline 0808 808 3000.

For more information see our information sheet 'Christmas and New Year with dementia' at www.alzscot.org/

A purple banner with a pink bar at the top containing the text "24 HOUR". Below this, the Alzheimer Scotland logo is shown, followed by the text "Alzheimer Scotland Action on Dementia". The word "Dementia" is written in white, and "Helpline" is written in a large, white, sans-serif font. At the bottom, a pink bar contains the text "Freephone 0808 808 3000" and "Email helpline@alzscot.org". The banner is decorated with red and green stars.