



## **Make the most of a family Christmas...**

**If you have a loved one with dementia, these tips could help you and the whole family have a more enjoyable Christmas.**

**Please share this guide with anyone who you think would find it helpful**



## **Put your decorations up early and slowly**

Introduce Christmas decorations gradually, over the course of a week, to ensure your loved one feels comfortable.



## **Spread out family visits**

A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period.

## **Create a quiet room**

If things do get busy, designate one room in your house a 'quiet room' where your loved one can relax without loud noise.

## **Keep routine as familiar as possible**

Meals at the same time and in familiar surroundings can help your loved one relax.

## **Be mindful of food**

Although many people eat a lot at Christmas, a full plate can be quite daunting for someone who has difficulties eating, so try not to overload your loved one's plate.

## **Play some familiar Christmas music or reminisce over photos**

We've found that familiar old music and favourite photos can help relax someone living with dementia - and can add a nice touch to your festivities!



## **Call us if you need help**

If you have a question or simply need to talk to someone who understands, please call our National Dementia Helpline on **0300 222 1122\*** or visit Talking Point, our online community **[forum.alzheimers.org.uk](http://forum.alzheimers.org.uk)**.

\* (Calls cost no more than the national call rate, visit [alzheimers.org.uk/helpline](http://alzheimers.org.uk/helpline) for details of the opening hours and further information. Please note, we are closed on Bank Holidays)