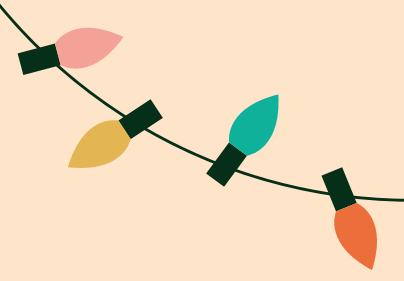




Sheffield  
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# 7 tips for a dementia friendly Christmas

## Put up your decorations gradually

Introduce your decorations slowly. It can be confusing for a person living with dementia if suddenly there are multiple changes to their environment. Think about putting any decorations up over a few days rather than all at once.

## Keep to simple routines

The Christmas period can feel overwhelming. Sticking to simple and familiar routines can help. People with dementia can benefit from knowing what's going to happen next. Try to keep mealtimes and other activities in line with every other day, even if it is just when they usually have a brew or watch their favourite programme.

## Create a calm and safe environment

Ask friends and family to spread out their visits over the festive period. Provide a quiet space where a person living with dementia can relax without loud noise. An area they can go to feel calmer if things get too much.

## Think about food and drink

Be mindful of different appetites and keep portion sizes manageable. Try not to overload your loved one's plate. Consider the foods they prefer which might mean serving something different to a traditional Christmas dinner.

## Adapt your traditions

Your Christmas might look different this year and you may need to adapt your traditions. Plans may need to change at the last minute. Reminiscence is a great opportunity to engage those living with dementia in meaningful activities and encourages people to share their experiences of Christmas.

## Involvement

Try to involve a person living with dementia in routines and tasks that they are used to doing over the festive period. This gives a sense of identity and involvement which creates belonging and supports quality of life.

## Be kind to yourself

Try not to put too much pressure on yourself to make everything perfect. Remember to take time to look after yourself too.

