



Holiday Travel Checklist

Keep These important Items On Hand:

- Copies of Important Documents*
- Medication
- Detailed Travel Itinerary
- Engaging Activities
- Snack Foods
- A Comfortable and Easy to Remove Change of Clothes

*Important Documents May Include:

- Physician Contact information
- A Letter from their physician stating diagnosis. (This may be needed in the event you need to provide proof to law enforcement for an alert)
- A Medication list with dosages and any allergies
- Insurance information
- Family Contact List
- Legal Document including Living Will, Advanced Directive, Power of Attorney, etc.
- The phone numbers of local emergency authorities.



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*Assesment Required
*Please call in advance for availability

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Three Locations

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302 Cross Street
New Braunfels, Texas 78130
Facility ID# 102276

AlzCare New Braunfels I and III
550 Rock Street
New Braunfels, Texas 78130
Facility ID# 103037
Facility ID# 030347

Phone: 830.624.1744

Alzheimer's and the Holidays: Tips to Make the Season Enjoyable



Visit our Web site
www.alzcare.net

The holidays can be a time filled with opportunities for togetherness, sharing, laughter and creating new memories. For some families, they can also be a time of stress, disappointment and sadness.

The changes a person with Alzheimer's Disease experiences can make family gatherings particularly difficult. The holidays may bring about feelings of loss for that individual. In turn, caregivers may become overwhelmed with holiday preparations in the midst of caring for a loved one.

By making adjustments to your expectations and holiday plans you can reclaim some of the joy and celebration of the holidays and create memories to cherish.

Manage Expectations

Exercise some flexibility when planning holiday traditions. No one should expect you to maintain every tradition or event.

- Take on only what can reasonably be managed.
- Choose important traditions and activities.
- Keep family gatherings intimate.
- Familiarize others with your situation in advance.
- Consider having meals catered.



- Take the opportunity to start new traditions. You could start a family potluck dinner.
- Maintain your routine so that holiday preparations do not disrupt your normal activity.

Engage Your Loved One in Holiday Festivities

Throughout all stages of the holiday season involve your loved one in safe, manageable activities including:

- Gift Wrapping
- Holiday Baking Preparation
- Reminisce as you go through old scrapbooks and photos.
- Watch Holiday movies
- Read through and display holiday cards
- Set the dinner table together
- Sing favorite carols or read biblical passages

Celebrate With Your Loved One at Their Care Facility



- Join in facility-planned holiday festivities or activities
- Bring a favorite family dish to share
- Offer to bring some of your family tradition to the care facility by leading a sing along or reading aloud to residents.

Purposeful Gift Giving

- Suggest practical gifts for your loved one that will help with their care. Medical ID bracelets, gift certificates, videos and audiotapes of old favorites, etc. are all helpful.
- Caution people not to give your loved one gifts that could be dangerous for them including utensils, sharp crafting tools or instruments, candles, electronic equipment or pets.
- Assist your loved one in their gift giving by suggesting things that will play on their particular strengths. Baking cookies and packaging them would be an activity that someone who enjoyed cooking might appreciate.
- Don't neglect yourself. If friends or family ask what you would like for Christmas suggest gift certificates for restaurants, cleaning or laundry service that could lighten your load.



Most importantly, remember that holidays are a time to share with those you love. Making things easier on yourself and your loved one with Alzheimer's Disease will give you both the opportunity to participate in the joy of the holiday season.