

HOLIDAYS AND EVENTS

FACTS

- Preserved memories allow for continued enjoyment of holidays and events.
- A person with a memory disorder will have a lower tolerance for lively settings.
- Fatigue is the most common cause of anxiety or agitation when attending an event.

STRATEGIES

- Realistically determine if the setting is appropriate before taking a person with a memory challenge to an event. Prolonged exposure to loud music or noise or an activity taking place in multiple locations may be overwhelming.
- Before the event, prepare any care items that may be needed outside the home.
- Create a sitting area on the outer edge of the event that has a good view but limits exposure to large groups of people at once or loud sounds.
- Provide frequent breaks from the setting including a walk or a quiet area for rest.
- A companion can act as a guide, using a low voice to share observations of people and happenings at the event. Multiple people can take turns in this role.
- Alcohol may be permissible but check with the provider before the event. Monitor intake and consider diluted drinks.
- Manage expectations. Although it may be a different experience it can still be a cherished one.
- Gatherings with people who are not seen often may heighten awareness of memory changes. Try to focus on the here and now and not on what has been lost.