

Gifts That Say I Care

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Choosing a gift can be difficult, especially for persons with dementia or other disabilities. Families often ask us what would be an appropriate gift to give our clients for the Holidays.

Gifts to improve Memory and Cognitive Function:

“Brain-function” games are always an excellent gift idea since they encourage mental activities designed to solve simple math and logic problems quickly. In addition, reading aloud has proven to be an effective method to stimulate the brain.

- Crossword puzzles.
- Books, such as word search and Sudoku.
- Hand-held video games, such as Solitaire, Bingo, or
- Nintendo Brain Age game.
- Board Games such as Scrabble or Trio-ominoes.
- Jigsaw Puzzles with large pieces.

Gifts for Safety:

- Medication Compartment Boxes, boxes with reminder alarms or alarm watches.

- Drivers Safety Classes offered in most areas by AARP, AAA or your local hospital.
- Emergency or Personal Response Systems including weather radios.
- Motion activated lights for paths and hallways.
- Auto-off appliances such as irons, toaster ovens, and electric tea kettles.
- Cell phones with “In Case of Emergency (ICE)” listings pre- programmed in.
- Large button, lighted phones and remote controls.
- Gifts for Comfort and Sensory stimulation such as pillows and throws in unusual textures, stuffed animals, and small sculptures,
- Buckwheat neck pillow for sitting in chair or wheelchair.
- Wheelchair or walker accessories - backpacks, oxygen carriers. Seat cushions.
- Telephones designed for hearing enhancement or amplifier headsets.
- Large Print books or books-on-tape.

Gift Certificates for:

- Movies, theater, or museum.
- Stores or shopping malls.
- Favorite hair salon.
- Massage, manicure or facial – a day of indulgence.
- Subscription to magazines.
- Housecleaning.
- Driving service or car wash.

Gifts from the Heart-

- Scrapbook.
- Family memory video/DVD.
- Personal history or Memory Keeper.
- Membership to local museum, zoo or science center.
- A family cookbook.
- Pre-addressed and stamped occasion cards.
- Personalized calendars with family birthdays,
- Anniversaries, and photos.

Of course the best gift idea for an older adult, is the gift of time. Wishing you a happy and healthy holiday season.