



## Living with Dementia at Christmas

Christmas means many things to many people, and here at Sage House we wouldn't presume to give advice about the best way to celebrate Christmas.

So, we have put a few tips together that may help you and your loved one have a happy and calm Christmas.

1. Be prepared for the person living with dementia to not be particularly interested in Christmas or appreciate the significance of the festivities.
2. If there will be a large group in your home (more than 4 people) on Christmas Day for lunch and festivities, it may be worth finding a quiet space or room in the house that a person living with dementia can go to if the noise level and entertainment becomes overwhelming.
3. If you usually go to church at Christmas choose a seat further back, closest on the aisle so that if your loved one gets anxious or confused you can leave easily; if you feel able please ask your vicar to reserve seating for you.
4. If you have been invited to friends or family to celebrate Christmas it is probably better to let them know that you may not be staying for the entire day. Ask your friends and family not to make a fuss if you decide to leave after a short period as you will know if your loved one is becoming anxious.
5. Try not to use the words "do you remember when". Use visual aids such as books about Christmas; looking through them could trigger early Christmas memories to talk about. It is sometimes better to avoid family photo albums as the person with dementia may get anxious and worried about trying to remember names, dates and places in the photos.
6. Please be aware that whilst we all enjoy treats at Christmas, the food can be quite rich and may have an adverse effect on someone that is taking a combination of medication, please try and avoid alcohol if possible.

The most important tip from us at Sage House is to wish you and your loved ones a happy and peaceful Christmas. **We can be contacted on 01243 888 691.**

### **Our opening hours at Sage House over Christmas and New Year are:**

- Christmas Eve: 10am – 3pm
- Christmas Day & Boxing Day – Closed
- Thursday 27<sup>th</sup> December: 9am – 5pm
- Friday 28<sup>th</sup> December: 9am – 5pm
- New Year's Eve: 10am – 3pm
- New Year's Day – Closed
- Tuesday 2<sup>nd</sup> January – return to regular opening hours, 9am – 5pm