



Holiday Planning Checklist for Dementia Caregivers

The holidays can bring both joy and stress when you're caring for someone with dementia. Use this checklist to plan ahead, simplify routines, and protect your peace so you and the person you care for can enjoy a calmer, more meaningful season.

Before the Holidays

- Talk with family about what the person can handle.
- Focus on comfort, not perfection.
- Plan events around their best time of day.
- Choose simple, familiar foods and traditions.
- Create a clear, predictable schedule.

Prepare the Environment

- Keep decorations simple and familiar.
- Use soft lighting and limit noise.
- Clear walkways and remove clutter.
- Add safety items like non-slip rugs and nightlights.
- Set up a quiet space for rest.

Communicate with Visitors

- Explain what to expect and how to engage calmly.
- Suggest small groups and short visits.
- Encourage patience and kindness over quizzing or correcting.

Day-of Preparation

- Stick to familiar routines.
- Choose comfortable clothing and easy-to-eat foods.
- Schedule breaks before and after gatherings.
- Bring comfort items such as a blanket or headphones.
- Keep your care plan and contacts nearby.

After the Holidays

- Allow time to rest and recover.
- Reflect on what worked well.
- Note ideas for next year.
- Schedule one self-care activity for yourself.

Caregiver Reminder:

You don't have to do it all. The best gift you can give this season is presence, not perfection. Small, meaningful moments matter most.

With care,



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