

**People with Alzheimer's Disease
and Related Dementia (ARD)
also deserve to receive a gift
anytime, anyplace...**



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“Useful recommendations on how to handle appropriate gift giving during the holidays and other times, with understanding and helpfulness”

“A project of visiting Ph.D. candidates from Charles University in Prague, Czech Republic to the United States at Larkin University in Miami FL, with the collective support of Rotary Club International”

The Spirit of Giving

It is often difficult to choose a suitable holiday or special event gift for our children, partners or loved ones, and so we stress ourselves especially before the holidays as we make our gift list. People often think that a person with dementia will not remember the gift, so all too often we make it simple for ourselves and choose something quick or we may even not select anything at all. Let's take a moment to reflect on what is the real reason for giving a gift to someone. For people with dementia, there are gifts that can provide diverse types of stimulation and therapy. Getting an appropriate gift can be part of the process of providing happiness and pleasure. Even though the individual with dementia might not remember after a moment what they have exactly received and from whom, the positive emotions brought with the gift are very beneficial. A gift on a special day is also beneficial for when it's given out of routine. Suitable choices of gifts can also have therapeutic effects that go on beyond the gifting giving period. There are some important things that we do not want to forget when choosing a gift for a person with ALZHEIMER'S Disease and Related Dementia (ADRD). It is very important to keep in mind the individual's safety. For example, it is not suitable to select candles or aromatic rods that include open fire or that can be considered a consumable product when ingestion could be harmful. The most important thing is to always keep in mind the dignity of the individual. When choosing a gift, one must be careful not to unnecessarily diminish the individual's abilities, but at the same time not to purchase an overpriced gift that is too complicated. Individual dignity, happiness, and quality of life are key considerations when giving someone with ADRD a gift at anytime

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Gift suggestions

To Enhance Memory and Fine Motor Function:

There are many games and tools that can be entertaining for the adults and beneficial for cognitive training. When selecting these gifts, please remember dignity of people with dementia. Do not choose childish games or demanding games that can be demining and frustrating than helpful. Some ideas include:

Adult Coloring Books **Threading Large Soft Beads** **Letter Paper with a Large Pen**
Large Piece Puzzles **Books of Word Games** **Conversational Picture Cards**

To Increase Sensory Stimulation

Sensory stimulation of people with dementia improves the quality of their life and daily happiness. We can choose to stimulate any of the five senses. Anything that makes the mind feel happy such as music, smell or painting can also stimulate the feeling of happiness and joy. Some ideas are:

CD (music, sounds of nature, etc.)

Large Dial Musical Clock (sound such as bird sounds or mood sounds)

Documentary Movies (nature especially the outdoors)

Aromatic Candles (electric or battery powered) and oils (lavender, mint, rosemary)

Various Types of Balls (soft, hard, large, small with colors and different forms)

Cubes and Kits with Different Surfaces (nice to touch)

Lotions and Creams with Soothing Fragrance

Sweater or Colorful Shirt (easy to wear clothing)

Musical Figurines

Colorful Music Box

Chimes

Kaleidoscope

Plush Throw Blanket

Quality Time and Focused Activates

The best gift for all mature adults with dementia or not, will always be, spending time with them, saying a loving word or giving a gentle touch. Nevertheless, we must never forget the personal space of each individual and their dignity. Some other personal gift ideas can include:

Aerobics Classes **Massages (especially on the hands and arms)**



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