

Soci t  Alzheimer Society

Gift ideas for people with dementia

Here are some ideas to help you choose the right gift for someone dementia. Keep in mind that some of these options, like a CD, can be given to somebody in any stage of the disease. Also, as a general rule, don't give more than two or three presents. Too much stimulation can be a bad thing.



Early Stages

In this stage of the disease, it is important to keep her active. Gifts that encourage certain skills will help her maintain these abilities and slow the progression of the disease. Also, gifts that promote mental stimulation, remembrance and socializing and are aides for independent living can also be helpful. Here are a few ideas:

- Classic movies and TV shows
- Crossword puzzles and strategy games to keep the mind active
- Reading material reflecting his interests
- A homemade memory calendar full of family photos and important dates such as birthdays and anniversaries
- A membership to a health club to encourage him to stay active
- A special clock that displays the date. Knowing for sure what day it is can be reassuring.

- Offer your services to help with the housekeeping.
- Plan an outing to a movie, play, sporting event or other similar activities.

Middle to late stages

Remember that as the disease progresses, it will be more and more difficult for him to perform simple tasks and activities he once enjoyed. Simple gifts that provide sensory stimulation are often the best and can help bring back pleasant memories, such as:

- A CD with his favourite music
- Simple games or puzzles
- Pampering toiletries and other products
- Framed photographs/photo collages with the names of the people beneath
- Nature or other videos that feature visual and auditory stimulation
- Doll or stuffed animal
- A DVD with old family movies and pictures

For practical advice and support this holiday season, contact your [local Alzheimer Society](#). For crisis situations at night or on the weekend, call Telehealth Ontario (1-866-797-0000).