



Gift Ideas for People with Dementia -Sana Shahram

Adapted from the Alzheimer's Society of Canada (2010)

Early Stage

In the early stages of dementia, the person affected may be able to continue many of his or her regular activities with small adjustments. Here are some gift ideas for people living in the early stages of dementia:

- **Memory and Daily Activity Aids**
 - Magnetic reminder refrigerator pads
 - Post-it notes
 - Baskets or trays that can be labeled within cabinets or drawers
 - Small pocket-sized diary or notebook
 - Erasable white boards for key rooms in the house
 - A memorable calendar featuring family photos, filled in with special occasions such as birthdays and anniversaries
 - Memory phone that can store up to 8 pictures with the names and contact info of friends and family
 - Automatic medication dispenser
 - Nightlights that come on automatically when it gets dark
 - Clock with date and time in large type

Moderate/Late Stages

In the later stages of dementia, people generally need assistance with day-to-day activities. Here are some gift ideas for people living in the later stages of dementia:

- **Clothes:** Comfortable, easy to remove, easily washable clothing such as sweat suits, knits, large banded socks, shoes with Velcro ties, wrinkle free nightgowns, nightshirts and robes.

- **Music:** Research has shown that music has a positive impact on individuals with Alzheimer's so buy favorite CD's or burn a CD full of musical favorites.
- **Framed photographs/photo collage:** Copy photos of family members and friends at photo centers, insert the names of people in the photo and put in frames or in a photo album created specifically for that person.