

LBD Seminar Interactive Session 2 12 2024

Christmas Support and Ideas

Tree decorating early
Call in the family to help
Invite yourself to a friends
Collective cooking
Advent Calendar (pics of loved one instead of chocolates!)
Carols on You tube
Reflect/Reminisce
Not overwhelming
Quiet room (to rake rest and space as needed)
Understanding LBD
Go on holiday
Pre-Christmas picnic
Special chair (be mindful of big changes)
Daily routines
Enjoy people, invite them in
Stimulating activites
Charity involvement within the community

Christmas Gift Ideas

Digital photo frames (fill them with pictures of family/friends past and present)
Get picture jigsaws of the family made
Balls-Indoor (ie: beachball)
Weights
Birds of our garden (book)
Tech/Mobility (but make it personalised [REMAP - Custom made equipment for disabled people](#))

Holidays

Cruises (with friends so carers can share respite time) Fred Olsen /Dementia
Adventure/Limitless travel

Share condition/any potential issues

Check when booking all options for assistance ie: passenger assistance (plane or train) for both
carer and loved one

Take 'spares' in hand luggage

Sunflower Lanyard -RDS ID card

Try and keep the same timetable (routines)

Requesting Aisle seat on the plane

Medi alert ID Band [MedicAlert | Medical ID | Jewellery & Services](#)

Useful Travel Links

Money helper – this link is on the Alzheimer's Society website travel insurance information
[Travel insurance directory | MoneyHelper](#)

The British Insurance Brokers Association and was on AS website under travel insurance [Find
Insurance - BIBA](#)

Helpful information about travel insurance on AS website - [Will travel insurance be affected by
my dementia diagnosis? | Alzheimer's Society](#)

Tourism for all charity - [Tourism for All | The voice of accessible Tourism](#)

Going on holiday Alzheimer's Society factsheet - [474 Going on holiday when a person has
dementia](#)

Trusted Care

<https://www.trustedcare.co.uk/help-and-advice/mindforyou-supported-holidays>

Family Occasions

Weddings

Travel in advance to relax and prepare before celebrations

Share the load with friends (be open create a buddy system for respite)

Ensure there is space for time out ie: quiet room in the hotel/venue

Not to overwhelm beforehand

Speeches (pass this role/honour onto for someone to do on behalf of)

Ensure the environment is accessible

Funerals

Buddies to assist throughout the day

It is ok to wear informal clothes so loved one feels comfortable/at ease

Ensure the organiser knows of any special requirements ie: wheelchair accessibility