

## Recommended Gifts for Alzheimer's and Dementia

Submitted by: National Council of Certified Dementia Practitioners  
[www.nccdp.org](http://www.nccdp.org)

One of the most requested information we receive from the public is suggestions for gifts during the holiday season. We have provided a list of suggestions to aide in gift giving.

### For Dementia residents some possible gifts are:

- CD player at bedside with music of the resident's choice.
- Stuffed animals and dolls if appropriate.
- Body Pillows sprayed with the loved ones cologne or perfume. These can be purchased at
  - Linen and Things or Bed Bath and Beyond.
- Pretty pictures for the wall.
- Build a Bear with a prerecorded message from the loved one.
- Artificial plants. If appropriate a live plant.
- New slippers.
- Sweater
- Sweat Pants & Top
- Relaxation DVD's. We recommend [www.activitytherapy.com](http://www.activitytherapy.com)
- Books on Tape
- A small fish tank or bowl with a Beta Fish. But know who will be taking care of it.
- Mobiles for the room.
- Knick knack's of interest to the resident.
- For men. Sports memorabilia for their room, such as pennants, baseball caps, etc.
- Perfume and cologne
- Nail Polish and Nail Polish remover.
- Money for hair appointments.
- Money for trips.

Often times families would like to donate to the Activity Department. Print up a pretty brochure and call it: "Holiday Giving Ideas for the Dementia Unit." Next to the brochure, place your favorite catalogues

and paper clip the pages with the items you most want. You could provide a list of items and ask that people check off those items as they purchase them. Place this list in a binder next to the catalogues.

**Some Activity Department gift suggestions are:**

- DVD's about animals, children and reminisce videos.
- Relaxation videos. [www.activitytherapy.com](http://www.activitytherapy.com)
- Craft donations
- Fish tank and fish
- Donations for a pet bird and cage.
- Eldersong CD's
- Sensory room items.
- Jewelry boxes and costume jewelry.
- Pretty calendars of animals and children.
- Rocking Chair
- Gift cards for craft stores, book stores, party stores, grocery stores.
- Donation for an entertainer.
- Donation for books and magazines.
- Subscription to some favorite magazines such as AARP, Highlights (they have hidden picture game books).
- Gift card for Wal-mart or Target
- Gift card to the local plant nursery.
- Donations for staff to attend local seminars on Alzheimer's and Dementia topics.
- Donation for videos and books on Alzheimer's and Dementia topics.
- Amazon.com gift card.