

QUICK TIPS

Visiting a Loved One with Dementia in a Care Home at Christmas

When visiting a loved one with dementia in a care home, a little planning can make the experience calmer, more meaningful, and full of connection.

Before the Visit

- **Plan Ahead:** Visit during their best time of day when they're most alert and calm.
- **Bring Familiar Comforts:** Holiday music, photos, or small decorations can help spark warm memories.
- **Keep Expectations Realistic:** Focus on connection rather than conversation or memory recall.

During the Visit

- **Create Calm:** Avoid noisy or crowded spaces. A few close visitors are better than many.
- **Do Familiar Activities:** Sing a carol, look at old photos, share a treat, or hang an ornament together.
- **Include Them Gently:** Ask for small "helping" roles to encourage involvement.
- **Go with the Flow:** If they seem confused or withdrawn, follow their lead and stay patient—avoid correcting.

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After the Visit

- Check with Staff: Learn how your loved one responded and get ideas for next time.
- Reflect Together: Share positive moments with family and celebrate small joys.

Reminders

- Keep visits short and positive.
- Focus on emotional connection—love, warmth, laughter.
- Take time for yourself, and remember: You are appreciated!

Even if your loved one doesn't remember every moment, the feelings of love, joy, and comfort you create will stay with them long after your visit. Remember — your presence is the greatest gift of all.

