

Holiday Fun With A Frail Elder Mom



1. If mom is able to go out, why not take a drive to see Christmas lights? Usually, newspapers everywhere have a listing of holiday lights.
2. Another fun idea is to go to a mall. People watching can be great fun in a holiday environment filled with festive decorations, wonderful music and people on a mission. Decorations can be on a grand scale, and the visual stimulation can be quite memorable.
3. While at the mall, find a nice coffee shop and share the moment with each other.
4. How about taking Mom to see a Christmas show at a local theater?
5. Check the papers to see if there will be any Christmas choral shows in the local churches.

Less Stimulating Activities Outside of the Nursing Home

1. Take a day trip to see the countryside. Enjoy the fresh smelling air. Look for wildlife such as birds and animals.
2. If you live in balmy ocean states, take a drive to see the ocean. Even if you can't walk on the sand, you can enjoy the beauty.
3. If this isn't possible, find a pretty lakefront restaurant, have a meal or a snack together and enjoy the scenery.

Holiday Fun Together In the Nursing Home

If Mom is unable to leave her room in the nursing home, but is just physically limited, bring the fun to her.

1. Wrap some Christmas gifts together. If she can't help, wrap the gifts while talking about them. Share with her the contents, and tell her the story behind the gifts you are preparing.
2. Bring a CD player, and play some holiday songs.
3. Sing some Christmas songs together.

4. Have a bedroom picnic. Bring a thermos jug of hot cocoa, some special sandwiches, candies or cookies that meet her dietary guidelines. Don't forget the pretty paper napkins and paper plates.

Fun With Memory Difficulties

If Mom is having some memory difficulties,

1. Ask her to look at family photo albums and tell you the stories behind each photograph.
2. Talk about the people in the picture.
3. Ask Mom to explain what she remembers when the picture was taken.
4. Ask Mom to tell you something you don't know about yourself as a baby.
5. Ask her about her friends in grade school or high school or college, and get details so you can remember this day.

If Mom is having serious cognitive difficulties and can safely swallow

1. Bring in some luscious sweet smelling hot chocolate, or coffee with whipped cream and a cherry on top.
2. Add a few homemade cookies with strong flavors or smells (such as peppermint, chocolate, lemon or orange)
3. Bring in some cookies that she might have made when you were a child. Eat them together.
4. If Mom can't talk, share the time with her by holding her hand, kissing her forehead, hugging her.

Savor the moment, you will find holiday fun in everything you do with Mom.

