### alzheimer's $\bigcap$ association°

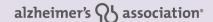
# SIMPLIFY DECORATING

It is not only time consuming but can be confusing (blinking lights) and sometimes unsafe (wires, cords, candles) for the person with the disease. Instead, you might plan an outing to look at holiday lights and decorations.

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## MAINTAIN YOUR HEALTH

If you don't care for yourself you will not be able to care for anyone else. Don't skip medications or medical appointments. Do your best to exercise and eat properly to help sustain your energy, and try to avoid alcohol.



#### **COMMUNICATION TIP #1**

Identify yourself and address the person by name. (They may not remember you or their relationship to you.)