



*A Dementia-Friendly
approach to*
**Holiday
Planning**

**Wednesday, Nov. 20
1–2:30 p.m.**

Dementia Care and Education Campus
3811 N. 44th St., Phoenix, AZ 85018

The holidays can be a joyful time, but they can also be overwhelming for families navigating the dementia journey. We offer strategies to adapt holiday plans and reduce stress — empowering care partners to instill a sense of belonging and peace in those living with dementia.

Participants will learn how to:

- **Modify holiday traditions** and activities to align with the abilities of the person living with dementia.
- **Create a calm and supportive** environment that eases stress and sensory overload.
- **Involve the person with dementia** in holiday preparations in ways that encourage participation and connection.
- **Communicate with family and friends** about expectations and ways they can help support a dementia-friendly holiday.
- **Create moments of joy** and comfort through personalized approaches to gift-giving, meals and gatherings.

*Please inform us if your person living with dementia will accompany you.
We will provide engaging activities while you attend this session.*

For questions and to RSVP: email events@dementiacampus.org or call **(602) 767-8300**



**DEMENTIA CARE
and EDUCATION
CAMPUS**

3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 dementiacampus.org

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