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PAC Holiday Gift Guide

by Kathryn Walsh, PAC Certified Independent Trainer

It's the most wonderful time of the year, until you are faced with finding the just right gift for someone you care about. If your loved one is living with dementia, or is a care partner to someone living with dementia, it can be an even greater challenge to find a gift that is appropriate, useful, and heartfelt.

Throughout the past year, the PAC™ team has had the great fortune of meeting some folks who have devoted a great deal of time and effort to creating practical and interactive items for people living with dementia and their care partners. Some are for individual use, and some are for collaboration and relationship building. We are happy to share these items for you to consider as potential gift ideas. To learn more about the folks who have created these items and the inspiration behind each invention, follow the link to their website. Happy holidays!

Seniors Jukebox iPad App

This iOS application for iPads can connect your loved one with their favorite music, photos, and videos. The app is based on reminiscence therapy which can be an effective and enjoyable way to engage people living with dementia, and their care partners, in fun and meaningful activities. One of the most exciting features of the app is that it can be managed remotely by a family member or care partner. Media (music, film, TV shows, videos, old radio shows, photos, etc.) can be uploaded and synced with the owner's iPad, and ready for viewing the very next day!

Wonders in Dementia Land

In this thoughtful, quirky, and insightful novel, two very different women take you on a journey of extraordinary discoveries about living with dementia and becoming an unexpected care partner.

Violet is an independent woman living in Chicago; her daughter Suzka is a painter living in California. Suzka would have been the last person you would think to be a caregiver. However, when Violet is diagnosed with dementia, Suzka is suddenly left in charge. What follows makes for a novel that is funny, poignant, and fascinating in its portrayal of dementia.

Wonders in Dementia Land may be the perfect gift for any family member you know who is caring for a family member living with dementia.

Music, Memory, and Meaning

A practical guide to using music to create connections, this book provides strategies, techniques, ideas, and resources for getting the most out of a shared listening experience. Containing over 100 engaged listening discussions and fifteen research-based and professionally reviewed playlists, this book guides readers, even those with no musical experience, towards successfully using music to connect with loved ones living with dementia. Readily adaptable, *Music, Memory, and Meaning* can be used with people in all GEMS® states and is appropriate for use both in individual and group settings.

Music, Memory, and Meaning may be the ideal gift for a family member, care partner, healthcare professional, or activity professional, who wants to understand and effectively use the power of music with people living with dementia.

Joyful Moments



Joyful Moments is a collection of unique activity cards that give family members and care partners tools to engage those they care for. Quality of life activities like those you'll find in *Joyful Moments* help reconnect older adults to what brings them purpose, joy, and meaning in life. These fun and easy activities were created by eldercare and therapeutic activity experts to promote quality of life in older adults, no matter their physical or cognitive abilities.

You'll find step-by-step instructions and suggested adaptations for activities that cover seven domains of quality of life: Physical, Spiritual, Intellectual, Creative, Vocational, Emotional, and Environmental. These cards can also provide respite activity ideas for care partners as well, giving them a chance to take a break and do something just for themselves, alone, or with another family member or friend.

Busy Bee Pillows



These are unique and customizable lap pillows specifically designed for people living with dementia. They are not only soothing, but also engage the five senses. Each pillow is fully customizable with the fabric of your choice. An attached, "un-zippable" blanket rolls out to cover the person's legs and feet.

The pillow topper is designed for attachments that can be interchangeable for birthdays, holidays, or hobbies. Other possible attachments include a set of keys, a watch, a maze, a squeeze ball, and a photo album. There is a hand warmer compartment with soft textured fabric inside. You can also customize the pillow with the person's name. A small voice box will hold up to three songs as well as a recorded voice message. In addition, the pillow comes with a snack container and a crinkle rag that will emit essential oil scents like lavender or peppermint. It is delivered in an easy to carry storage bag. A unique and personalized gift for someone you care about!

Pieces of the Past Puzzles



Pieces of the Past transform family photos into personalized, large piece puzzles to bring back fond memories, and promote social interaction and connection. These personalized puzzles have thirty pieces, with each piece measuring 3.5 inches by 3.5 inches. They are easy to handle and can be worked on independently or with others, providing ample opportunity for reminiscing, conversation, and relaxation for people of all ages. What a nice way to connect family and friends of all generations!