



## **Holiday Gifts Ideas**

It is always difficult to find the perfect gift for the special people in our lives, and this is especially true when shopping for older persons who reside in assisted living communities or nursing homes with limited space for personal belongings. McLean Outpatient Rehabilitation has some helpful suggestions for you, so that you can purchase noteworthy presents that are also practical.

\*A small magnetic (or stick-on) digital clock for bathroom mirror can help with orientation to time of day in a location where clocks aren't commonly found.

\*For women, choose bracelets and necklaces designed to stretch over hands or head. Clasps are difficult to manage when joints are painful or muscles are weak.

\*Investigate which special perfumes, cologne, or after-shave lotions were their favorites; scents can trigger happy memories. High-end hand or body lotion is a special treat for people who usually rely on drug store brands. Choose a small bottle with an easy-to-open flip top instead of a jar with a lid that has to be screwed on and off.

\*Choose a coin purse in a favorite color and fill it with bingo money or a gift certificate to the gift shop.

\*Get a seasonal wreath for the door (artificial greens).

\*Banners are great for doors and walls; people like to connect with their favorite sports team or a grandchild's college insignia.

\*An attractive eyeglass case helps keep track of glasses and looks nice.

\*A number of small gifts individually wrapped and placed in a stocking or basket may be more fun than opening a single gift. Fill it with practical items like socks, lip balm or lip stick, pocket size packs of tissues, all of which are things most residents like to have on hand. Once you start, you will likely think of other small additions specific to the person you are looking to please!