



DEMENTIA AND GATHERING TOGETHER FOR THE HOLIDAYS

The Holidays are a time of togetherness, made up of traditions we look forward to every year. When a family member is living with Alzheimer's disease or another dementia, planning just needs a special touch.

The joyful hustle and bustle of the holidays, filled with many people, many conversations, can lend itself to heightened levels of anxiety and confusion for

someone living with Dementia. This can turn a wonderful day into an uncomfortable and stressful ordeal and awkwardness for family members and friends who may not know how to react. Thus, while there is no need to organize every single detail in advance, simply planning ahead can make a world of difference so the holidays can be enjoyed by all.

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- ✓ Our mission is to educate you on how Medicare works for you and identify plans that work with Medicare to ensure you have a robust retirement benefit plan that you can rely on.
- ✓ Whether it is a Medicare Advantage Plan, a Medicare Supplement Plan and/or a Prescription Drug Plan, at Medicare Education Services, we want you to Know Your Choices.



MEDICARE ENROLLMENT

If you're turning 65 soon, it's time to think about what Medicare plan is right for you.

If you are already enrolled but would like to review your options, we can help with that too!

MEDICARE ADVANTAGE

When you want a little extra coverage - like dental, vision, and hearing care - a Medicare Advantage plan might be right for you.

Contact Us to find out if it would be to your advantage to have a Medicare Advantage plan!

MEDICARE SUPPLEMENTS

Original Medicare pays for many healthcare services, but they do not cover everything.

A Medicare Supplement (AKA "Medigap") plan can help to cover the things that original Medicare does not.

MEDICARE PART D

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Like Part B, a PDP comes with a late enrollment penalty, which you would be required to pay for the rest of your life.

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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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Here are some tips:

Prepare your loved one. Try to familiarize your loved-one with the guests beforehand by showing photos, sharing stories, or arranging a Facetime chat prior to the day's celebration.

Get your loved one involved. Everyone likes to feel useful and engaging your loved one into the preparations will help them feel connected to everything that's going on.

Prepare your guests (family/friends). Offer insight about your loved one and their present state, share best ways to approach and communicate with them, especially if they have not seen them in a while.

Encourage reminiscing. Playing familiar music and bringing out some old photos are great for reminiscing. Placing photo albums in convenient places may help to inspire conversations along the way.

Factor in their routine and go with the flow. Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around keeping to their regular routine. Being flexible is key.

Hold your celebration earlier in the day. Individuals with dementia are often sensitive to the hours between late afternoon and early evening which can lead to agitation and con-

fusion called "sundowning." One way we can reduce its impact and make for a more comfortable situation is to plan your gathering earlier in the day.

Provide a quiet place for "down time." Gatherings can get pretty loud and overwhelming. Having a quiet room or area ideally off the main area away from the center of all the activity, where they can relax or have a chance to rest.

Brought to you by the Senior Living and Memory Support facilities at: Sanatoga Court in Pottstown, PA (www.SanatogaCourt.com); Berkshire Commons in Reading, PA (www.BerkshireCommonsPA.com); Mifflin Court in Shillington, PA (www.MifflinCourt.com); Highgate at Paoli in Paoli, PA (www.HighgatePaoli.com); and Lehigh Commons in Macungie, PA (www.LehighCommons.com).

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