

## **Holiday Gift Ideas for Older Adults in Nursing Homes & Senior Housing**

During the holiday season, people often wonder about type of present to give a loved one who resides in a nursing home or senior housing.

Nothing replaces the gift of time, so if possible make plans throughout the year to visit with an older adult or spend time with by taking them on errands, to church or other appointments, or help them write letters or send cards to their families a friends.

A gift for an older adult is easy to select if you know a little about the person's hobbies and preferences. Most items are inexpensive, and the gratitude they will feel on receiving the gift is priceless.

A few ideas to help you find the right gift that express any of the 5 languages of love: words of affirmation, gifts, time, touch and service:

### **PERSONAL GROOMING and HYGIENE**

Beauty Salon certificates

Hair cut certificates

Manicure certificates

Favorite lotion, shampoo, soap, fragrance that resident loved

Lavender scented lotion

Massage session

Puff tissues

Electric toothbrush

### **ACTIVITY**

Memory book with pictures, letters, poems

Calendar with family pictures or places of interest

Digital photo frame with family voice narrative

Box of envelopes, paper, pens, book of stamps

Assorted note cards, Birthday cards for resident to send

Art therapy ---art for life session

Music of resident's era

Activity that reminds resident of home or past hobbies (knitting)

Crossword Puzzle books

Lap desk with book holder

Visits from a therapy dog

Boggle, Scrabble, other board games appropriate to interest and memory

Hidden object activity (Menards or Target)

## **CLOTHING**

Warming gloves with scent (or neck roll, or scarf) Walmart

Go through resident closet and replace ill fitting, or stained clothing

Prayer shawl

Good pillow

Pajamas

New socks

Good shoes

Personalized blanket, quilt or lap blanket

## **GIFT CARDS OR CERTIFICATES**

Gift card to pharmacy

Gift card to take out of favorite restaurant

Gift card to pay for cell phone charges

Gift of local newspaper subscription

Gift of favorite magazine subscription

## **GIFT OF TIME:**

- To run errands
- To play games
- To take on a ride
- To take to home church

- To help write letters or send cards

**SURPRIZES:**

Special homemade jams or jelly

Delivered flowers

**ELECTRONIC:**

White noise machine

Cell phone / phone with adaptations for visual or physical deficits

Head set to watch TV without disrupting room mate

Happy light

Clock with large numbers

Flashlight

IPad

iPod with preloaded shuffle of favorite music

Terrarium

**FURNITURE**

Recliner

Thera glide rockers