

GUIDE TO A STRESS FREE HALLOWEEN FOR YOUR LOVED ONE LIVING WITH DEMENTIA.

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INDIVIDUAL NEEDS...

Halloween is scary at the best of times, after all that is one of the main designs of the festival, but for someone living with Dementia it can be really traumatic. There are simple things you can do to make sure your loved ones have the safest possible Halloween.

It's important to remember that everyone of us is different, everyone has different opinions and their own personal preferences, this is exactly the same for people living with dementia. To some, Halloween will be totally alien and to force the festival on someone with Dementia could cause significant amounts of stress and confusion. For others, it will bring back fond memories, in such cases they should be encouraged as much as possible to enjoy it. **YOU KNOW YOUR FAMILY MEMBER BEST.**

For your loved one living in a care home you should check that the home hasn't gone overboard with decorations, if it is likely to cause a baby stress then it will most likely do the same for your loved one with dementia.

You don't have to make Halloween a negative experience...

DO NOT FEAR... You can make Halloween a positive experience for your loved ones in many ways, from showing them old photos of previous Halloweens you enjoyed together, right the way through to some pumpkin carving. Helping your loved one be proactive will minimize the chances of them getting stressed on the night. On the next page you'll find some quick tips...

YOU KNOW YOUR LOVED ONE THE MOST...

Remember there are no right and wrongs here, good communication with your loved one will be key to working out how far you can jump into Halloween!

DON'T WORRY

Be vigilant and remember these tips. It's a time for joy and to spend time with the ones you love, let that be the core focus.

CHOOSE FUN DECORATIONS

If you do decide to get into the spirit make sure you choose decorations that are fun rather than scary... NO SKELETONS!

CANDLE LIGHTING = BIG NO NO!!

Just because it may fit with the theme do not attempt to change the lighting in your loved ones home for the evening to candle light, this may cause trips and falls, these can be fatal!


HAVE FUN, BE SAFE & HAPPY HALLOWEEN

If your loved one is living at home and you feel it's best to have them avoid Halloween altogether due to the severity of their condition then you should print off our sign below and leave it outside the house with a bucket of sweets for the children to just help themselves. Even at early stages of dementia any unexpected knocks at the door can cause serious stress and confusion.

Finally, where possible, you should try and be around your loved ones at Halloween for two key reasons...

- 1) It can be a lonely time for someone with dementia, they will take great comfort in the fact you are there spending time with them on what otherwise could have been a stressful evening.
- 2) Halloween is a key time for burglars preying on the elderly as they know it's a time they will open their doors to strangers, if you can't be there, print out the sign and make sure they don't answer the door to anyone on the night.

No Trick-or-treaters please. I have Dementia and can get stressed by unexpected visitors.

The background of the entire image is a dark, moody photograph of Halloween decorations. In the foreground, there are two carved jack-o'-lanterns with glowing orange light from within. Between them is a small glass jar with a lit candle inside, also glowing. The scene is decorated with autumn leaves and small black spider ornaments. The background is dark and textured, possibly with more leaves or a wall.

**Thank you for your understanding,
Happy Halloween!**