

# Holiday Gift Guide

BRING JOY & ENHANCE WELL-BEING



The holidays are the perfect opportunity to choose gifts that bring comfort, delight, and joy to the older adults in your life. When selecting gifts, consider the interests, lifestyle, and any physical or cognitive changes the person you care about is experiencing.

	<p><b>Personalized</b></p> <ul style="list-style-type: none"><li>• Personalized calendar</li><li>• Digital or Traditional Photo Albums</li><li>• Memory Book</li><li>• Subscription Services</li><li>• Memory Jar</li></ul>
	<p><b>Health and Wellness</b></p> <ul style="list-style-type: none"><li>• Comfy Non-Skid Slippers or Socks</li><li>• Hands-free slip-on shoes</li><li>• Back, Neck, or Foot Massagers</li><li>• Cozy Throws or Weighted Blankets</li><li>• Heated Blankets or Heating Pads</li><li>• Water Bottles or Electric Tea Kettle</li></ul>
	<p><b>Activity and Hobbies</b></p> <ul style="list-style-type: none"><li>• Puzzles, Puzzle Games, Brain Teasers</li><li>• Art Supplies</li><li>• Gardening Kits</li><li>• Bird Feeder</li></ul>



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	<p><b>Technology and Gadgets</b></p> <ul style="list-style-type: none"><li>• Music or Audio Books</li><li>• RAZ Memory Cellphone</li><li>• Tablets or E-readers</li><li>• Handheld or stand magnifiers</li><li>• Apple AirTags or Tile</li><li>• Cellphone Cord Holder</li></ul>
	<p><b>Mobility, Independence, and Safety</b></p> <ul style="list-style-type: none"><li>• Walking Canes</li><li>• Easy-to-Grip Utensils</li><li>• Supportive Cushions or Pillows</li><li>• Emergency Alert Systems</li><li>• Reachers and Grabbers</li><li>• Night Lights</li></ul>
	<p><b>Experiences</b></p> <ul style="list-style-type: none"><li>• Gift Cards</li><li>• Event Tickets</li><li>• Day Trips</li><li>• Mani or Pedi</li></ul>

Selecting the perfect gifts for an older friend or family members doesn't have to be difficult. Use the list of ideas above for inspiration and make that person feel special! Ultimately, the best gifts are those that make the recipient feel valued, cherished, and supported.

