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 and
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ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of **National Council of Certified Dementia Practitioners**
<http://www.nccdp.org>.

[Alternative Solutions in Long Term Care](#) offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links



Each Norman Rockwell print is paired with a national standards of Resident Rights and is illustrated by a picture depicting the "Resident Right."
[click here to purchase resident rights prints](#)

Pathways to the Past

by Sandra Stimson ADC, CALA, CDP
 Executive Director, [Alternative Solutions in Long Term Care](#)

Gifts for the Holidays

This is the one question we get asked the most is "what is an appropriate gift for the holidays". We would like to answer this two fold. One is the recommendations for loved ones living in a facility. The other is gifts you could give to the care giver, especially if this is an elderly caregiver living at home alone.



RESIDENTS

For the residents these are some recommendations:

- Perfume/after shave
- Powder & hand lotions
- Make up
- Costume Jewelry
- Loose fitting clothes
- Socks
- Loose fitting night gowns
- DVD / CD's
- Bird Feeders for outside their room
- Fake fish tanks for their room or day room.
- Pictures of families and paintings for the wall.
- Photo albums with loved ones' families
- Build a bear with a recording of the loved ones voice and special message
- Body Pillows

Also, the facility always welcomes donations to the activity department for fish tanks, pets, videos, music and craft supplies.

CARE GIVERS

- For the caregiver these are some recommendations:
- Don't ask for them to call you when they need help, they won't.
- Grocery shop for them weekly
- Mow their grass, weed and plant flowers
- Help with house cleaning and laundry
- Assist with bills paying
- Bring a covered dish
- Call them often
- Add to prayer list
- Invite on outings
- Provide a lift to church
- Provide respite services for an hour or two for them to get their hair done or go to church.

Be a good listener and offer encouragement and support.

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Books, Videos, and Resources for Long Term Care Facilities



Sensory books videos resources



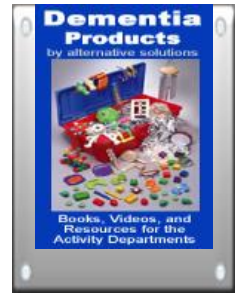
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Books, Videos, and Resources for the Activity Departments

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Providing Internet Resources for Activity Professionals in Long Term Care Settings
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