

The 10 Best Gifts for Seniors



The Caraday Way

Gift-giving is a beautiful holiday tradition. This season, consider some gifts that are especially appropriate for seniors, but don't overlook the simple things — it's the Caraday Way.

"Family members sometimes express sincere gratitude for the team members who assist in their loved one's care. It can be with food or simple words of appreciation."

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- 1. Smart picture frame** Digital frames have been popular for years but new smart frames have video calling features, some with auto-answer so the older adult doesn't need to do anything to accept the call. The frames generally are remotely managed by family which makes them hassle free.
- 2. Custom jigsaw puzzle** Commemorate a special moment or day by converting a photo into a jigsaw puzzle. Custom options are available at many retailers with photo centers or online services.
- 3. Large print or jumbo playing cards** For the card-loving older adult, oversized playing cards make it easy to see and win. Check out online services that customize the cards with photos as well.
- 4. Custom photo blanket** Keep your older adult warm and cozy with familiar faces all around. These photo blankets are especially nice for people with Alzheimer's or dementia.
- 5. Foot Massage Slippers** Any foot massager that combines heat, compression, and kneading action will be relief for tired, aching feet. Check with your doctor to make sure this is safe for an older adult.
- 6. Adaptive clothing** There are any stylish options for adaptive clothing that makes life easier for someone with arthritis, incontinence, or other special needs. There are even adaptive slippers and shoes.
- 7. Hiking sticks** For active seniors, how about stylish hiking sticks. Not only will they help with pacing, but they can also help prevent falls.
- 8. Add-ons for walkers or wheelchairs** If your loved one uses a walker or a wheelchair, consider such additions as a cup holder make for a wheelchair or walker, tote bags that are accessible and can easily clip on, or a special gen enhanced seat cushion.
- 9. Custom Coloring Book** Everyone has photo albums, but not a custom coloring book. Coloring is for people of all ages because it calms the brain, reduce stress, and help focus on being in the present.
- 10. Audible subscription** Each month, your loved one can choose one free audiobook from among thousands of titles and listen to it via a computer



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com