

Father's Day Gift Guide: For Assisted Living Residents

With Father's Day just around the corner, many adult children may be wondering what gift to buy for a Dad who calls an assisted living community home. Their basic needs are taken care of by the staff at the community; life enrichment activities often keep them busy and engaged; and they have limited space in their apartment for new treasures. All of these things combine to make gift giving more challenging. To help give you some ideas, we've pulled together a few gift suggestions our staff has noticed are a big hit with residents.



Gifts for Fathers in an Assisted Living Community

Here are a few ideas your senior loved one might enjoy this year:

- 1.** If your budget permits, a tablet device like an iPad will likely be appreciated. The touch screen and easy internet access allow older adults to check their email, send messages to family members, join a conversation on Facebook, read the latest novel from their favorite author, and even Skype with grandchildren.
- 2.** Bird watching is a favorite pastime for many assisted living residents. Most communities allow residents to have a bird house or bird feeder right outside their window. Some feeders can even be attached by suction cups to the window to allow residents to watch their feathered friends close up. Keeping the feeder full is a great activity for grandchildren to do when they visit. You might also consider adding a book that helps your senior loved one identify what kind of bird is visiting their window.
- 3.** Gift cards to local restaurants and shops or even their favorite online stores are great choices for gifts. The assisted living community's Healthy Lifestyles Director can share suggestions on what restaurants or local hot spots they routinely take residents to on outings. Gift cards to those venues will no doubt be a hit!
- 4.** Put together a gift basket of games and puzzles. Large print crossword puzzles, dominoes, cribbage boards, puzzles with bigger pieces, and even a non-breakable magnifying lens can help them enjoy a game on their own or with a few friends.

5. Gifts from the heart will always be welcomed by senior loved ones. Depending upon your technology skills, you can create something as simple as a family scrapbook or calendar with family photos to a full-blown family video set to their favorite music.

6. Finally, don't overlook the gift of your time. As we grow older, spending time with loved ones is more meaningful than ever. If it is difficult for your senior loved one to get out and about, plan your family Father's Day celebration at their assisted living community.

Source: <http://www.elmcroft.com/>

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