



Holiday Giving

for Older Adults

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Giving and receiving are expressions of loving and caring. To be meaningful from both points of view, gift giving requires reflection on the personality, interests, age, needs and the living situation of the person receiving the gift. When receiving, a gracious response is always the best policy. However, it doesn't hurt to let your friends and family know that you no longer have room for collecting ceramic animal figurines, books about Antarctica or antique toasters. In fact, whether you are 7 or 70, objects often aren't the best gifts.

Here are some tips for making the best choices.



Gifts for Older Adults

- Look for gifts you can't find in a store – such as framed photos, a magazine subscription, or a promise to help run errands.
- Give "experience" gifts, such as quick trips to lunch, concerts, movies or local gardens. Get-togethers tell older adults you value their company.
- Wrap up a pretty hairbrush for Mom, and then give her the sensory gift of gently brushing her hair.



Gifts for Children

- Talk with the children in your life about their interests to gain ideas for gifts.
- Plan an intergenerational trip, like the ones offered by Road Scholar.
- Take kids on inexpensive but pleasantly memorable outings, such as trips to a local ice cream parlor.
- Give a book, and then read it aloud with the child.



Gifts for the Person Who Has Everything

- Give them your attention. Call or visit and be a good listener.
- Select a gift that won't add to long-term clutter, such as flowers or a favorite bottle of wine.
- Remember that experiences are the best gifts for people who already have all the objects they need and want. Enjoy a concert or a show together.



Gifts of Gratitude

- Send old-fashioned, handwritten thank you notes to people who have given you attention, help, or some other gesture for which you would like to show appreciation.
- Purchase a gift card to a favorite restaurant or shop.
- Give a homemade treat or share a favorite dish, along with the recipe.



Gifts that Help Others

- Give monetary gifts to worthy organizations that reflect your values.
- Give your time - volunteer to help a good cause.
- Give a gift that keeps on giving, such as warm clothes to needy families or books to your grandchild's school library.
- Create an endowment fund.



Gifts that Leave a Memory

- Invite friends or family to a video or game night.
- Record or write your history for the next generation.
- Take an older adult back to visit their former neighborhood.
- Give your adult son or daughter something memorable from childhood, like a favorite recipe or your old toolbox.



Gifts to Give Yourself

- Schedule a massage or spa day.
- Sign up for an exercise class, like yoga or Tai Chi.
- Indulge a hobby you enjoy.
- Visit a favorite museum or art gallery.

Finally, remember that when you give someone else a gift -- no matter how old or young they are -- the good feelings you experience are one of the best gifts you can receive.

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