



# 27 TOP Senior Gift Ideas

Bring on the cheer with these thoughtful gifts for your senior loved one.



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### **The act of giving requires very little.**

A little money perhaps and a little time too. But the result of giving is monumental. Our gifts demonstrate our love, respect and care for those receiving them. Sharing a gift can have extraordinary effects that bring us all closer together.

No matter what the occasion—holidays, Mother’s or Father’s Day, birthdays or just because you care—finding the perfect gift for the seniors in your life is not always easy. Seniors often have a house full of stuff from years of collecting. For those in the process of downsizing, the prospect of adding to that heap with new gifts can be unpleasant.



## Our Tips on Giving

We have suggestions that will bring cheer to both the one who gives and the one who receives! While we cannot endorse any items, we think you'll find some fun ideas for your shopping list.

**Remember:** The physical gift is not the most important gift to consider. As you read through this ebook, you'll find tips and ideas on giving the gift of time, which can often be more rewarding than anything one might think to purchase from a store.



## The Gift of Fun

Gadgets and trinkets are great, but experiences truly make the best presents. The time we spend with our older loved ones is the true “gift that keeps on giving.”

## 1. A cooking class

The kitchen has always been the heart of the home, and many happy memories are centered on food. Join expert chefs from the comfort of home with a virtual cooking class, like [EVENTO](#) that specializes in Italian food or [Udemy](#), which offers a variety of courses, from how to make sourdough bread to mastering Indian cuisine. If your loved one is able to leave home, you might try [Sur la Table](#), where there's an in-person class for every palate. Also consider a meal kit subscription, like [Hello Fresh](#) or [Blue Apron](#), to make meals as easy as they are memorable.

## 2. Museum tickets

There's a museum for just about everything. Match up this person's interests—e.g., art, history, birds or chocolate—and then join them on the trip. Can't go in person? Some worldwide museums allow virtual visits, like the [British Museum](#) in London or the [National Museum of Modern and Contemporary Art](#) in Korea, so you can explore the globe's finest treasures from the couch.

## 3. Games

From Parcheesi to Scrabble, Monopoly to a deck of cards, classic games are a great way to make fond memories. For games that can foster independence, try Sudoku and Crossword puzzles, and be sure to join them for a round or two.



# The Gift of **Happiness**

The power of a great gift derives from the happiness it produces. The gifts in this section have a dash, a snip and a shot of something special to bring joy.

#### 4. Homemade gift cards

Remember when your folks smiled as you presented them with cards you made as a kid? You know, the ones where you promised to do the dishes, mow the lawn and handle any other chores? Those handmade cards are guaranteed to still make them smile today!

#### 5. Family photos

A photo of the family is a gift that will be treasured for years to come. It's versatile, too—for example, you can incorporate the photo into personalized gifts, like comfy throws, photo books, mugs or calendars with birthdays and special dates highlighted with family pictures. Visit your local [CVS](#) or [Walgreens](#) for options.

#### 6. Nespresso machine

Give mornings a boost with luxury coffee and espresso straight to their cup. A [Nespresso machine](#) does require special [capsules and pods](#), which come in a range of delicious flavors, so be sure to include a variety of those as well. Bonus: The machine is especially perfect for seniors who may not be able to operate a drip coffee maker.



# The Gift of **Comfort**

A gift that makes relaxing that much easier? Yes please. If your loved one could use some pampering, try these ideas. 'Tis the season every season for comfort and joy.



## 7. Spa day

Facials, manicures or just sitting in a sauna can provide total relaxation, and massages can even help decrease heart rate and blood pressure. Can't head to a spa? Offer a coupon for a pat down from none other than yourself!

## 8. Weighted blanket

There's nothing better than a good night's sleep (or a daytime nap), and a weighted blanket can help. The [YnM weighted blanket](#) comes in tons of colors and has raving reviews. Be sure to tout its benefits, like reducing anxiety and offering optimal warmth and comfort.

## 9. Towel warmer

A toasty towel is the perfect touch to make every bath or shower feel like a treat. This [Amba model](#) stands out for its even drying and speedy heating.



# The Gift of Creativity

It may sound silly, but research shows that creative activities—e.g., drawing, coloring, etc.—have the power to relax you. The best part? The whole family can join in on the fun.

## 10. Scrapbooking supplies

On top of being a great trip down memory lane, scrapbooking is one of the best ways to keep the hands busy and the mind sharp. Offer a range of colored papers, stickers, photos and more, or better yet, start a scrapbook yourself and offer your loved one the tools to finish it.

## 11. Coloring books

Coloring isn't just for kids—it has a calming effect on adults, lowers stress levels and engages the parts of the brain related to motor skills, creativity and logic. Check out this large print [coloring book](#), and don't forget the [colored pencils](#) to go with it.

## 12. Crochet tools

Not only will you likely end up with a slew of handmade blankets and scarves, but the hobby provides a range of sensory stimulation for older adults. If they're a beginner, a basket of crochet hooks, yarn and scissors, plus a [handy guide](#), is a great start.



## The Gift of **Movement**

Regular physical activity is extra important for an older person—the CDC recommends up to 150 minutes of moderate-intensity aerobic activity a week (30 minutes a day, 5 days a week). If they need that extra push to go the extra mile, these gift ideas can do the trick.

### 13. A group or partner fitness class

Working out is more fun with a friend or family member, so give the gift of fitness to both your loved one and yourself. Exercising together means more time spent together, and more accountability, too. Of course, not all fitness programs are ideal for older adults. Check out [Ageility](#), which offers individual, partner and group fitness programs specifically designed for older adults. Or find a fitness trainer who has experience with seniors.

### 14. Workout equipment

A pair of light 2–5 pound weights is perfect for low-impact workouts, especially in small spaces. That means they won't even need to leave their apartment to sneak in some fitness! Additionally, elastic bands can improve joint mobility and flexibility in seniors. **Tip:** Offer a printout of low-impact moves they can follow along with.

### 15. Yoga mat

Say “Namaste”—yoga, including chair yoga, has been shown to help ease stress and anxiety, so find them the perfect spot to practice daily stretches. Also be sure to teach them about some free meditation apps they can download, like [Calm](#) and [Headspace](#).



# The Gift of **Technology**

New devices improve our lives by connecting to the world around us and keeping our brains young. Besides, a fun new piece of technology can be the entry point to hours of bonding. So go ahead, help that older adult in your life become more tech-savvy!

## 16. Amazon Echo

The [Echo](#) and other Alexa devices can play the news, set alarms, answer burning questions, play favorite tunes and much more—it's like gifting them their own personal assistant! Just make sure you're there to set it up for them and explain all the features.

## 17. Fitbit

Encourage your loved one's active, healthy living with this easy-to-use [personal tracker wristband](#). Teach them how to download information about calories consumed, steps taken and the length and quality of their nightly sleep.

## 18. Tablet

A tablet computer will keep your loved one connected to you, allow them to follow the news and stories that matter to them, offer some fun games to play, and is a nifty way to listen to audio books. Plus, being a tech-savvy tablet user is the perfect way to stay in touch with the grandkids! Not sure which tablet is best? [Read this comparison guide](#).



# The Gift of Mindfulness

Older adults thrive when they can find joy in the little things in life. These gifts can help them make the most of every moment—the notion that even when they’re alone, they may feel not so alone.



## 19. Bird feeder

Bird watching can have a positive effect on the mind and engage the brain. For an extra special touch, get a bird feeder that's **custom engraved**. Then, hang it in an ideal spot where they can see it from a window.

## 20. Plants

Did you know having a houseplant can lower stress levels and offer a daily mood boost? *Tip: **Succulents** are one of the easiest plants to keep alive, requiring virtually no upkeep.*

## 21. Journal

Penning thoughts and experiences is a great way to keep the mind sharp, not to mention it leaves a legacy. Keep your family's story alive for future generations with **The Story of a Lifetime**, a book that asks hundreds of questions about all of life's great relationships, milestones and traditions. Also check out **The Best Journal Ever**, a daily positivity journal for happiness, wellness and self-care, or **642 Things to Write About**, which offers prompts for writer's block.



# The Gift of **Practicality**

Sometimes the best gifts of all are the practical ones. Make everyday activities more enjoyable with these upgrades your loved one didn't even know they needed (until now!).

## 22. Electric toothbrush

Many seniors stick with what they know—and if they're still using a manual toothbrush, it's time to give them an oral hygiene boost—electric toothbrushes are more effective for healthier gums and teeth. If you need ideas, people rave about the [Oral-B Pro 1000](#).

## 23. Cordless vacuum

Cleaning is part of everyday life, and cordless vacuums trump old-school models by a landslide. They're usually more lightweight and easier to use than ones with a cord, plus they may have more suction to boot. If you feel like splurging, you may also consider an [iRobot](#). Some models even have self-emptying capacities!

## 24. Big button remote

Watching TV is already a pretty easy task, but a universal [remote with extra big buttons](#) can really up the ante. Pick a show or movie to watch together to really get the good times rolling.



# The Gift of **Safety**

It's only natural to worry about an older family member. These gifts offer peace of mind for you, and a sense of security for them.

## 25. Medical alert

Many providers offer medical alert systems. Check out the highly rated **Phillips HomeSafe with AutoAlert** that features an automatic call for assistance.

## 26. Sensor-activated lights

Poor lighting is one of the main causes for falls around the house. Make sure your loved one's light fixtures and lamps are working and have non-glare bulbs with adequate wattage. Try this **Mr. Beams** option, which can stick virtually anywhere, including hallways, stairways, steps, closets, shelves and more.

## 27. Home security system

A home security system can help ward off a potential thief, and help you feel better about their protection. **Comcast Xfinity Home** security is an excellent, affordable option that allows you to check in from anywhere.

We have provided our **Home Safety Checklist** for your convenience. Now you can do a quick safety check the next time you visit. Feel free to print this out and save it!

## Home safety

### ACCIDENT PREVENTION

#### Bathroom

- Non-skid surface in shower
- Water temperature reduced to 120° or less
- Properly installed grab bars, raised toilet seat if needed

#### Interior stairs

- Hand rails on both sides of stairs
- Stairs free of clutter

#### Bedroom

- Most used items within reach (phone, TV remote)
- Clear path to bathroom
- Night light

#### Kitchen

- Grabber to reach high items
- Expiration dates on food
- Appliances in good working condition

#### Exterior stairs and walkways

- Good lighting
- Hand rails
- Walkways in good repair

### FIRE SAFETY

- Properly placed working smoke/carbon monoxide detectors
- HVAC should have summer and winter professional inspection
- Working fire extinguisher in kitchen and garage
- Door and window locks in good working order
- Phone next to bed and living room chair
- No overloaded outlets or extension cords
- Emergency numbers in clear view
- Chimneys in flues cleaned
- Check flammables in garage
- No space heaters

### OVERALL

- Good lighting with adequate wattage and easy-to-reach switches in all rooms
- Furniture should not have rollers or casters
- Flooring in good repair and no throw rugs
- Clear pathways and eliminate clutter in all rooms

### COMMUNICATION

- Telephone in working order with extensions throughout the house
- Mobile phone is a good idea
- Consider an emergency alert system
- List of medicines and emergency contacts (family, physician, POA, hospital, etc.)

## Personal wellness

### THE FIVE DIMENSIONS OF WELLNESS

#### Social Wellness

- Interest in getting together with friends and family
- Reliable transportation for social outings

#### Emotional Wellness

- Finds the purpose in each day
- No sign of depression or isolation

#### Physical Wellness

- Participation in regular exercise
- Abundant fresh, healthy foods in the kitchen
- Medicines in date and properly stored
- Transportation for medical appointments

#### Intellectual Wellness

- Attends local clubs, classes or workshops
- Ability to balance a checkbook and pay bills on time

#### Spiritual Wellness

- Transportation to worship services
- Daily activities that offer meaning and purpose



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