



## WELCOME TO YOUR NURSING HOME CARE PACKAGE TOOLKIT

Do you have a senior friend or loved one who is in a senior care facility? From time to time people often feel isolated and alone because they can't get out and do the things they enjoy. One way to send a little extra cheer their way is to put together a care package with things that will help pass the time, make them more comfortable, or bring a smile to their face. In circumstances when a visit is not a possibility, a care package is an excellent alternative. A gift containing useful, helpful, or thoughtful items will be much appreciated by the receiver. Care packages say "I'm thinking of you," and they can be a great way to let someone know they are loved.

Real leadership is rooted in public service. Through service projects around the country, Democrats deliver for the people they represent. Then just follow these steps:

- **Step 1: Identify a facility you would like to support or volunteer with.**
  - Click [here](#) to find a Nursing Home near you.
- **Step 2: Once the facility is identified: Make contact and make them aware of the intended action and inquire about the needs of the facility.**
- **Step 3: Post your Event [HERE](#).**
- **Step 3: Find a community group or collect a group of friends to build the Care Packages for the Seniors.**

### **Additional Resources:**

- **Introduction Email to the facility.**
- **Email to gather friends and family to action.**
- **Relational way to get out the message.**



## Senior Care Package Ideas

### Care Package for an Artist

If your loved one is artistic, you can create a unique care package for them filled with art supplies that you know they'll enjoy. Giving seniors art supplies can help them maintain their creativity while also giving them productive activities to occupy their time. Art supplies can be an especially great gift for someone who is retired. This can include:

- Pastels, paints, colored pencils, or fine tip markers
- Sketching paper, or a canvas
- An assortment of adult coloring books

### What to Get a Writer

A care package with writing supplies can facilitate your loved ones to stay mentally sharp while encouraging them to continue using their fine motor skills. If you're interested in getting a gift for a friend or family member who enjoys writing, you can consider:

- A notebook
- An assortment of pens and pencils
- Writing guide books or grammar books

### Care Package for Post Surgery

If your friend or family member just went through surgery, think about what they are able to do before purchasing a gift for them. To be extra considerate, you can include goodies for their family members who are staying at the hospital with them. Thoughtful gifts can help your elderly friend or relative feel comfortable and pampered which is



something that a hospital stay can often take away from them. You can think about getting them:

- Books, magazines, and word puzzles to help pass the time
- Favorite foods or snacks for everyone to enjoy
- A warm blanket and socks since hospitals can get a little chilly
- A comfy pillow for them to sleep on if they didn't bring their own from home
- A nice toiletry set with luxurious lotions, shampoos, body wash, soaps, and face wipes
- A nice robe and candles to help make their hospital stay a bit homier

## **Care Package for a Sick Friend or Relative**

If a sick friend or relative is in the hospital, a thoughtful gift can make all the difference to them. You can give them a care package with:

- An E-reader so they can enjoy some reading when they're up for it
- A nice, soft towel that they can use when they wash themselves if they're going to be there for a bit
- Some comfort foods or treats that they can enjoy along with their visitors if appropriate
- Nice chapstick and hand cream since hospitals tend to run cold which can lead to dry skin
- Puzzles, word searches, or sudoku books

## **An Entertainment Care Package**

If your friend or relative is into movies and books, you can put together an entertainment care package to re-spark their passion. This gift is great for older individuals who need a bit of a mood boost. In it you can include:

- A Kindle or [tablet](#)
- A few books that you think they would enjoy



- An assortment of movies
- A gift card or pre-paid subscription for Hulu, Amazon, or Netflix
- Popcorn, candy, or any other movie theatre themed treat
- Nice headphones

## Relaxation Care Package

If you're looking to [inspire a little relaxation](#), a care package is a great way to put together a few nice items for your loved one. Oftentimes older people put their needs on the back-burner, so encouraging self-care and relaxation is a great idea. In it you can put:

- A [diffuser](#) and some lavender essential oils
- A lumbar pillow
- A sleep mask or nice socks
- A few assorted candles with soothing scents
- Coffee, hot cocoa, or tea
- Home-made [soup](#) and [bread](#)
- Body lotion with a relaxing scent
- A [weighted blanket](#)

## Just Because Care Package

If you're thinking about a friend or relative and just want to show them how much they mean to you, giving them a thoughtful care package is a great way to do so. This can help boost their mood and put a smile on their face. In your care package you can include:

- [Customized mugs](#) or napkins
- Favorite goodies, or homemade treats
- A coupon for a week's worth of homemade dinners at any time
- A gift certificate for a massage
- New, fuzzy pajamas



- Manicure set or grooming kit
- Cute tea towels