



TENNESSEE DISABILITY PATHFINDER

ONE-PAGE HOLIDAY GIFT LIST



1 Weighted blanket	2 Soft throw blanket or body pillow	3 Comfort loungewear or pajamas	4 Gift basket with goodies	5 Noise Cancelling Headphones
6 Heating pad	7 Small handheld massager	8 Smart devices (hands-free use)	9 Easy-grip kitchen tools	10 Automatic jar opener
11 Reacher tool	12 Robot vacuum	13 Clothing with magnetic or Velcro closures	14 Footwear with zipper-open designs	15 Streaming or audiobook subscription
16 Monthly activity or snack box	17 Craft kits or puzzle books	18 Experience gift (class, museum, outing)	19 Sports or recreation equipment	20 Donation in their honor
21 Gift Card to favorite spot	22 Favorite Meal	23 Creative Handmade Items with them in mind	24 A Visit	25 YOUR TIME

This guide is intended to provide a helpful and comprehensive starting point for holiday gift ideas for individuals with disabilities. It is not an exhaustive list, and there are many other thoughtful and suitable gifts available. We encourage you to consider personal preferences, specific needs, and consult with individuals or caregivers to ensure the most meaningful choices.