

MEMORY BOX

All our homes are furnished with memory boxes which is a secure display cabinet for the safe keeping of personal identifiable memorabilia.

Memory boxes have proved to be a practical and reliable method of way finding for individuals living with dementia.

There are many benefits to creating a memory box for a person with dementia. They help with bringing back memories and are great for helping with communication.

Memory boxes can be used to help you encourage your loved one to talk about the objects in the box. The memories they have of these items can be used to ask questions about their connection and allow them time to think and talk about what connects them to the time or event.

In most cases a person suffering from memory loss will lose their short-term memory but retain their long-term memories. This is why using a memory box can help bring back happy memories and events from their past.

This can help to stimulate their long-term memory and also help with communication.

We would be grateful if you could assist us to personalise these memory boxes for your loved one.

Here are some ideas:

- Pressed flower
- Key ring
- Sentimental item
- Books they like
- Sporting Memorabilia
- Photos of when they were younger, also photos of friends and other relatives. Try not to include any photo that could be upsetting especially if a loved one has passed away, ie. wife or husband
- Something that reminds them of the work they used to do, maybe a tape measure for a builder or joiner
- Old tickets from places they visited.
- Small items the person may have collected from holidays or places they visited

