

More about Memory Boxes

These boxes can be used with a group in a shared setting such as a care home, as part of a dementia cafe led by carers or one to one at home with partners, carers or family members. These objects and images are prompts that are easy to use and handle and can help in finding out personal memories that are unique to individuals.

It is always fascinating to see different people's responses to handling objects, whether they are recognised and what the response is. This can be:

- Recognition about using or having a toy or similar toy and sharing this memory across a group with others who also recognise them
- Recognition and helping others understand what the object might be - communicating to others who don't know about it
- Trying out and re-enacting how to use them to see what happens
- Triggering a response or emotion
- Triggering a personalised memory that is unique to that person. Allowing time for someone to talk about it is important and asking follow up questions can help thoughts and older memories become clearer.

These items date from the past 50 years in living memory and have been selected to offer a range of experience using all senses:

- Visual images and colour and things to read out
- Touch and texture – different materials such as wood, smooth marbles, rope
- Movement – the toys can be handled and simple hand movements can 'make something happen'
- Sound – songs, rhymes .We have also provided some links for online YouTube films and adverts below which bring alive recognisable images and music

Other Links:

Memories in the Community

Age UK

Dementia UK