

Build A Memory Box

Compile a Memory Box to support reminiscence activities for local people living with dementia.

Instructions:

- Make contact with a local care home or dementia care services (see below) and create a link with local people living with dementia.
- Encourage discussion with people living with dementia or their carers to find out themes that are of interest from their past. Examples could include: transport, gardening, the seaside, the local area, a sport, music from a particular era, specific hobbies and interests, etc. Students may choose to come up with a short questionnaire to structure this.
- Ask students to research the chosen subject and collect items/photos/fragrances on that theme – this could involve a trip to a local museum, a particular local landmark or place. Pupils could take photographs of images from that era, draw pictures, record sounds or music, collect physical objects including those from nature.
- The Memory Box does not have to be a physical box – for example, the students may choose to learn songs from a relevant era and perform them to the people living with dementia.
- Decide which items to put into the Memory Box(es) and give to the care home.
- Depending on the relationship with the care home, the group may be able to deliver the Memory Box and join in with reminiscence activities.

Contacting care homes:

There are lists of local care homes and inspection reports available from the Care and Social Services Inspectorate Wales (CSSIW): www.cssiw.org.uk

It may be best to contact national care home providers, for example Bupa, Bluebird Care, and Sunrise, rather than individual homes, as many large care home organisations have activity coordinators who can help you.

You can find nearby care homes via:

- NHS Choices: tinyurl.com/q8jhdq
- Care Choices: carechoices.co.uk
- Care Home: carehome.co.uk
- Nursing Home Directory: nursing-home-directory.co.uk
- Care Homes: carehomes.net