

What is a Memory Box?

Memory Boxes are assembled specifically for people living with dementia and their carers. They contain range of tactile resources and mementos to spark memories, promote conversation and provide entertainment, and are useful in both individual and home care settings.



Memory Boxes...

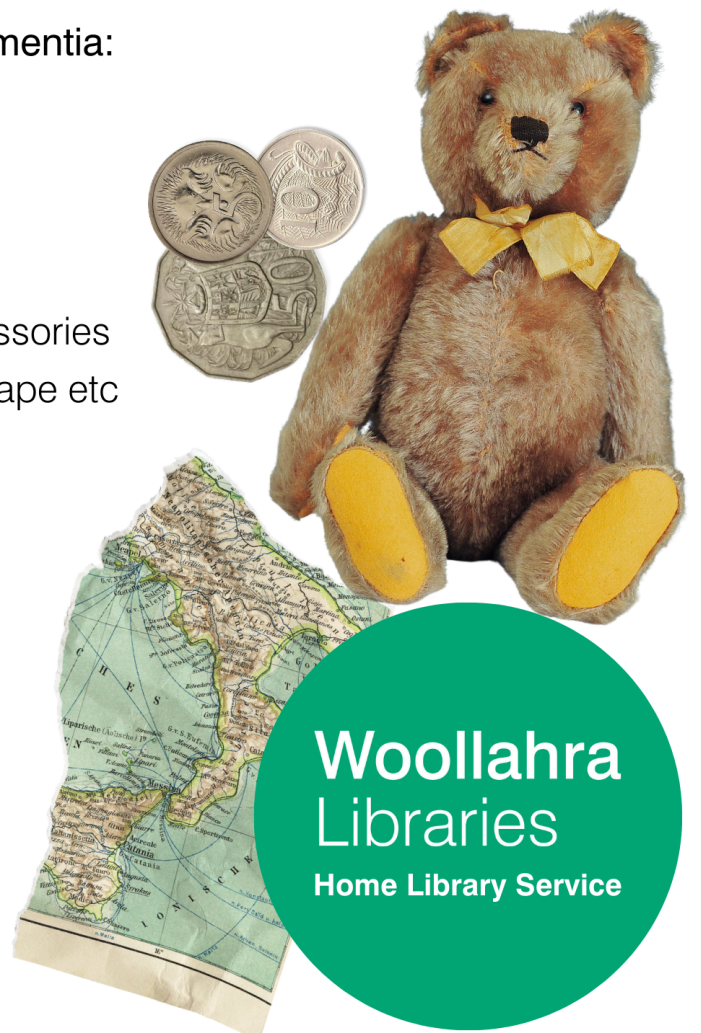
- Can be filled with possessions that have special meaning
- Provide important information for home care staff about a person
- Help to kindle conversation for visiting family and relatives

Creating your own

Find a suitable box such as a hat box, shoe box or any box that feels right. Inside you can place items of significance and reminisce about the reasons or experiences that make them special.

Ideas for a box for someone living with dementia:

- Childhood keepsakes
- Special Photographs
- Games
- Maps of familiar places
- Favourite clothing or jewellery and accessories
- Hobby items knitting, tools, measuring tape etc
- Birthday cards
- Newspaper cuttings
- Aftershave, perfume or soap
- Music
- Souvenirs
- Favourite books



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