



How to use reminiscence boxes

Preparation

Take time to look at the objects. Do they bring back any memories to you?

Reminiscence sessions work best in small groups, of not more than 10 and one of the best ways to arrange a group is sitting in a circle round a table.

The Session

Explain to the group what will happen in the session and discuss the topic. What can they remember?

Let the group handle the objects, pass them round one at a time.

Prompt questions can be useful such as;

Do you remember similar objects?

Did you have a?

How did you use it?

Do you remember doing....?

It is good to share your own memories too

Be aware that sometimes reminiscence can bring up difficult memories. If this happens listen and be supportive.