



## **SUGGESTIONS FOR A MEMORY BOX**

A Memory Box can be used to interact with anyone who has dementia or the box can be made personal to a particular person.

Ask the person what the items in the box remind them of:-

- Did you own one
- What was it used for
- Did you use it.

### **A General Memory Box**

Appeal to Family, friends to search their cupboards, lofts, for bits of memorabilia to help fill a Memory Box. Visit second hand shops, car boot sales.

It is important not to include any sharp or pointed items.

Here are some suggested items:-

- Old photographs of people, towns, clothes, cars
- Darning Mushroom
- Old knitting and sewing patterns
- Knitted tea cosy
- Dolly pegs
- Recipe book
- Old car maintenance books
- Car spark plug
- Pipe
- Cigarette tin
- Shaving brush
- Empty shoe polish tin. (smell it)
- Old toys
- 78rpm record
- Old postcards
- Yo –Yo

### **A Personal Memory box**

A suitable plastic, wooden or cardboard box can be used. Items from the past of the cared for person can act as a memory aid. The items can show who the person is and what they have achieved in their life. Anything with a personal memory that will stimulate them and that they can relate to is ideal. Objects from the past, family heirlooms, household or personal items with a sentimental value, photographs, medals.

Do not include anything sharp or pointed. Add items to the box as time progresses.