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## Reminiscence

### Training Activities

Co-funded by the  
Erasmus+ Programme  
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# REMINISCENCE

## THE RECOLLECTION OF ONE'S LIFE EXPERIENCES

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- Valuable as it can lead to many different types of positive activities for people to take part in
- These activities can meet important personal and social needs
- They may also give opportunities for patients to make positive contributions to the welfare of others through the sharing of their memories

From book: *The Reminiscence Activities Training Manual: A Step by Step Guide*, by Bernie Arigho (The Daily Sparkle)

# REMINISCENCE

## THE RECOLLECTION OF ONE'S LIFE EXPERIENCES

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- More formally: Reminiscences are the combination of many memories in order to recall the varied details of an occasion in the past
- When we reminisce we experience associated feelings and emotions connected with our life
- Our role and the aim of the reminiscence tool: to help people reminisce in ways that achieve positive outcomes for them

# REMINISCENCE

## THE RECOLLECTION OF ONE'S LIFE EXPERIENCES

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- Many reports and research studies show that reminiscence activities can be stimulating and engaging for participants
- ...and that they can lead to increased social interaction and improved well being
- Therefore: through our tool we can actually make a difference in the lives of these people

# REMINISCENCE

## THE RECOLLECTION OF ONE'S LIFE EXPERIENCES

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- The tool offers to patients the opportunity to reminisce with others (professional carers) about important times of their lives
- This is something that most people enjoy and normally take for granted: but this vital need is often missing for many older people in care settings who have no one to prompt or show interest in their recollections
- *“the real joy of knowing something is when you share it with others”*

# REMINISCENCE

## THE RECOLLECTION OF ONE'S LIFE EXPERIENCES

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- Type of activities:
  - May take many different forms
  - Related to personal preferences and to opportunities presented in the environment
- A reminiscence may consist of a few moments' private recollection on our own, or it may be a shared story from the past in a reminiscence group

# REMINISCENCE: GOOD PRACTICES

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- Give people choices about what to reminisce about
- Encourage them to reminisce when they want to
- Respect when they do not want to
- Some people may wish to spend time in creating things from their memories e.g. artistic product
- Others may wish to share their memories in friendly groups

# REMINISCENCE: GOOD PRACTICES

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- Reminiscences can be initiated through any of the senses (called memory triggers):
  - Images
  - Sounds
  - A touch
  - Taste
  - Smell
  - Movement
- Reminiscences can be related to experiences from any time of our lives (from about 2–3 years old!)
- Reminiscences can be about any aspect of life experience: work, play, home, travel



# REMINISCENCE: GOOD PRACTICES

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- Reminiscing may create various effects:
  - A change of mood
  - A new way of thinking
  - An attitude to a relationship
  - An effect on the person we share it with
  - A sense of achievement of some goal or purpose
  - ...the caregiver should be prepared!

# REMINISCENCE: GOOD PRACTICES

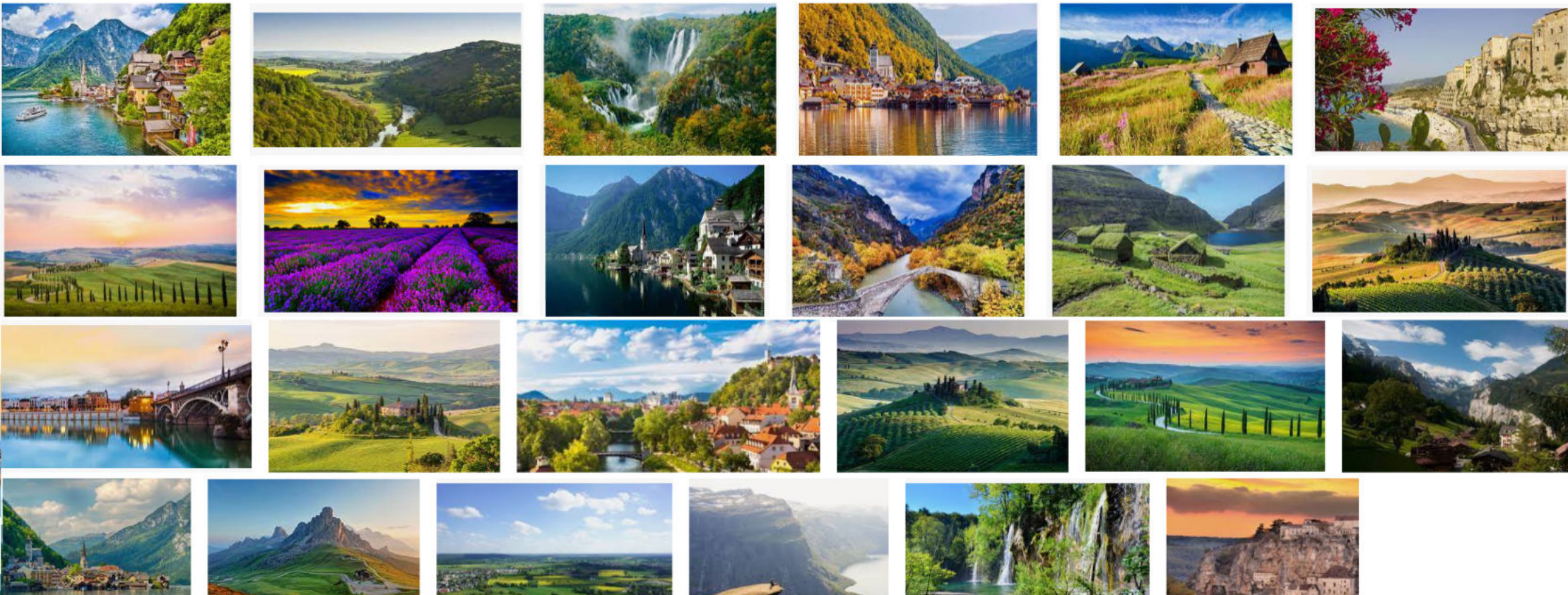
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- Expressing a reminiscence: through any form of creative expression, e.g.
  - Conversation
  - Public speeches
  - Written memoirs
  - Poetry
  - Painting
  - Sculpture
  - Craftwork
  - Music
  - Mime
  - Drama
  - Dance

# REMINISCENCE: GROUP ACTIVITIES

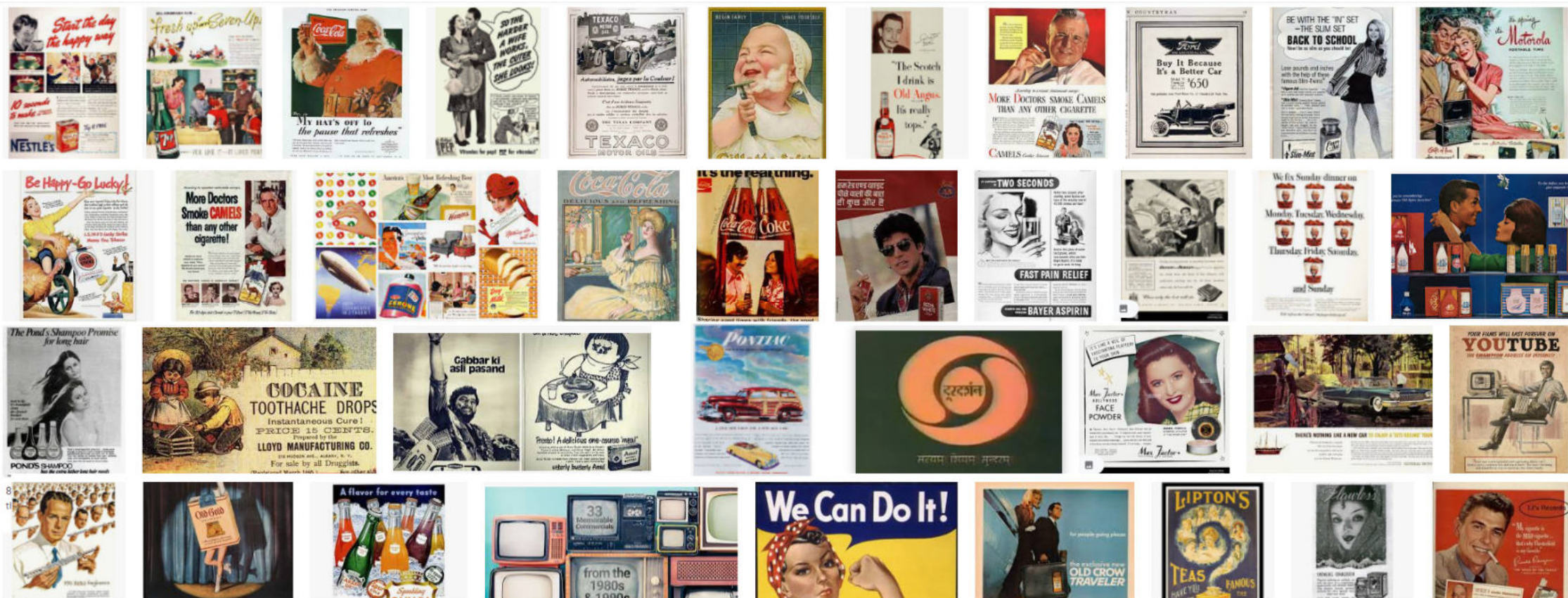
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- Group Activity 1: Looking at postcards, photographs or selected images





# REMINISCENCE: GROUP ACTIVITIES



DIGI-AGEING - overcoming loneliness

# REMINISCENCE: GROUP ACTIVITIES

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DIGI-AGEING - overcoming loneliness

# REMINISCENCE: GROUP ACTIVITIES

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- Group Activity 1: Looking at postcards, photographs or selected images
- Make groups of 5 people
- Have a good look at all the images
- Each member of the group in turn:
  - Select two images that have a special interest or appeal to you: may be a memory associated with it, or it may be something else you like or find interesting
  - Tell the group why you made that selection

# REMINISCENCE: GROUP ACTIVITIES

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- Group Activity 1: results
  - What did you find out about the people in the group from the information that they shared?
  - What links were made between different members of the group?
  - Did you share any places or interests in common?
  - What was enjoyable about this exercise?
  - What did you learn from it?



# REMINISCENCE: GROUP ACTIVITIES

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- Group Activity 2: One-to-one reminiscing
- Make groups of 2 people
- Pick a topic to talk about with your partner (each partner in turn for about 3 minutes)

# REMINISCENCE: GROUP ACTIVITIES

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- A place you have enjoyed visiting
- A favourite piece of music
- Something pleasant you did quite recently (a nice walk, a good meal, an interesting TV programme, a night out)
- An especially memorable and enjoyable occasion from any time of life
- Your first paid job
- An interesting journey
- A respected school teacher
- An achievement of some kind (a certificate, a prize, driving licence, a successful job interview)
- A game that you enjoyed playing
- Your favourite films or film stars

# REMINISCENCE: GROUP ACTIVITIES

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- Group Activity 2: results
- In what ways the one-to-one sharing was different from the group sharing?
- How did it affect the way that you were reminiscing?
- What was being exchanged during the one-to-one reminiscing?
- In what ways was it a mutual exchange?

#### TITLE

**DIGI-AGEING – overcoming loneliness**

#### PROJECT ID

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#### PROGRAMM

Erasmus+ KA2 Strategic Partnerships

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#### PARTICIPATING COUNTRIES

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# Digi-Ageing

overcoming loneliness

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