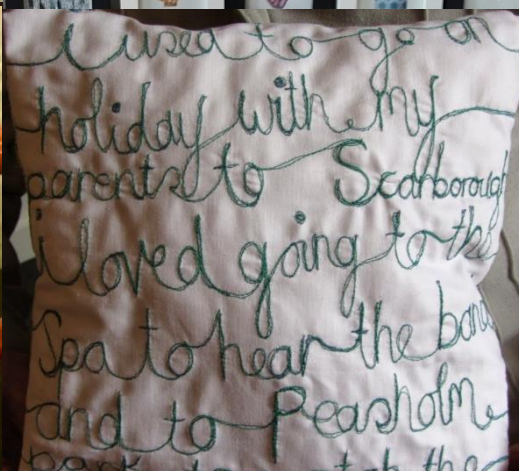




## Connecting Across the Generations Through Creative Life Story Work in Care Homes





## **Creative Reminiscence Detectives**

Different older age illnesses such as dementia or a stroke, can affect our memory. When we use our senses of smell, taste, hearing, touch and sight it can help us to remember things. This is called reminiscence. When we record that memory in a film or piece of artwork, this is called creative reminiscence.

E.G. If you eat an ice cream whilst hearing the waves crashing and looking at a picture of a sandy beach, you will probably remember a time you went on a holiday to the seaside.

Using all the senses helps to bring a memory to the front of our thoughts.

**We want YOU to be creative reminiscence detectives...**

The following pages contain creative reminiscence detective challenges.

**Challenge One**

**Your Own Memories**

**Challenge Two**

**An Older Person's Memories**

**Challenge Three**

**Recording a Memory**

**Challenge Four**

**Get Creative!**

**Challenge Five**

**Reflection**

## **Creative Reminiscence Detective**

### **Challenge One – Your Own Memories**

Find an object, a picture, a taste, a smell or a sound which helps to bring back a happy memory for you. Draw the object and a picture of the memory. Write a few lines about the memory.

**Sensory object**

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**My Memory**

## **Creative Reminiscence Detective**

### **Challenge Two – An Older Person's Memories**

Do you have a grandparent, a family member, a friend or a neighbour who is over 75 years old? Ask them if they have an object, a picture, a taste, a smell or a sound which is special to them and helps to bring back a happy memory. Draw a picture of their sensory object and a picture of them.

**Sensory object**

Name

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Age

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Where were they born?

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**Picture**

## Creative Reminiscence Detective

### Challenge Three – Recording a Memory

Write down the memory they share with you. This means you will need to use detective work to find out all the details. Don't forget to ask all these questions: where, when, how, why and who?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## **Creative Reminiscence Detective**

### **Challenge Four – Get Creative!**

Work together with the older person to make a picture of their memory. You can use felt tips, pencils, crayons, paints, collage, sewing, thread, digital drawing or any other art form to do this. Use the whole of the A4 space on the next page, or anything A4 in shape (card, canvas, fabric, wood etc.) You can turn the page to be horizontal or vertical.



## **Creative Reminiscence Detective**

### **Challenge Five – Reflection**

Did you enjoy being a creative reminiscence detective? Did you learn something new about the person you spoke to? Did anything surprise you about their memories?

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Think of three questions you could ask them to find out more about their past?

Questions

1. 

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2. 

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3. 

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