



Reminiscence

'Our findings suggest that regular reminiscence therapy should be considered for inclusion as routine care for the improvement of cognitive functions and depressive symptoms in elderly people with dementia.'

Huang, H. C. (2015)nce Therapy Improves Cognitive Functions and Reduces Depressive Symptoms in Elderly People With Dementia: A Meta-Analysis of Randomized Controlled Trials, *J Am Med Dir Assoc*, 16(12) 1087-94

We included items specially designed to aid reminiscence:

- Robert Opie scrap books
- Pictures to Share books
- Memory Lane large print books
- Memorabilia/replica packs

- <http://www.robertopiecollection.com>
- <https://picturestoshare.co.uk/>
- <https://www.amazon.co.uk/>
- <https://www.activitystoshare.co.uk>



Activities

'Apathy is one of the most challenging and prevalent behavioural symptoms of dementia'. 'This review indicates that therapeutic activities, particularly those provided individually, have the best available evidence for effectiveness in dementia.'

Brodady, H. and Burns, K. (2012) Nonpharmacological management of apathy in dementia: a systematic review. *The American journal of geriatric psychiatry*, 20 (7); 549-564.

We chose activity based items designed to encourage participation and creativity:

- Active Minds painting sets
- Active Minds jigsaws & games
- Speechmark flash cards

- <https://www.routledge.com>
- <https://www.active-minds.org>



Dementia

'Reminiscence can give people with dementia a sense of competence and confidence through using a skill they still have'.

Anon (2015) Reminiscence for people with dementia. SCIE [online]. Available at <https://www.scie.org.uk/dementia/living-with-dementia/keeping-active/reminiscence.asp> [Accessed 17 May 2019].

Each memory box has been designed to support our staff working with dementia patients and in care of the elderly. We have created guidance sheets to aid:

- Discussion
- Awareness
- Activity
- Creativity
- Safe use
- Infection control



Sensory

'Aged care services increasingly respond to the needs of people with dementia'. 'The strongest evidence for reducing responsive behaviours was music, sensory stimulation, simulated presence and validation therapies. Strongest evidence for reducing emotional disorders was music, psychological interventions and reminiscence'.

Meyer, C. and O'Keefe, F. (2018) Non-pharmacological interventions for people with dementia: A review of reviews. *Dementia*, Dec 2018 7

We sourced specialised sensory reminiscence resources:

- Active Minds Scentscape packs
- Sensory scent sprays/sound CD's
- Music CD's
- Archive film footage links

- <https://www.active-minds.org>
- <http://www.yorkshirefilmarchive.com>



AIM
To create an effective dementia resource to assist in the care of hospital patients, for loan across our Trust sites.

RESULT
6 memory boxes created as a loanable resource:
Holidays
Home and Family Life
Garden/Tool Shed
Decades
Childhood
Travel and Leisure Time

ACTIONS
Sourced specialist suppliers. Referenced supporting evidence.
Liaised with regional health libraries; utilised data they shared including popular themes, practicalities and effectiveness of memory boxes.
Sought advice/feedback from specialist staff members working in elderly care.
Took guidance from infection control colleagues.

Travel and Leisure Time
Childhood
Decades

FUTURE
Evaluation/feedback.
Planning for partnerships: potential to offer these resources to community care, local hospices and public libraries.

Took guidance from infection working in elderly care specialist staff members

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www.york.nhs.uk/library