

What is Reminiscence Therapy?

People with dementia often have difficulty remembering what's recently happened in their lives. This can leave them feeling confused, vulnerable and less confident. However, their memories from years ago often remain detailed and intact.

Recalling these memories can be immensely therapeutic, not to mention enjoyable. Reminiscence Therapy gives people the opportunity to meet as a group and share these rich stories and experiences. It's very sociable and helps them remember that they are still a real person. This can boost their self-esteem and help them make a valuable connection between the past and the present. It can also help them resolve and make sense of an event that's happened in their past.

What happens in Reminiscence Therapy?

The group will meet with a therapist who will encourage everyone to share their memories or stories one at a time. The therapist will often use items such as photographs, music and postcards to get the ball rolling or to jog peoples' memories.

One-to-one sessions can also take place and the therapist will often gather enough stories and memories to compile a 'life history book', which is a bit like a biography. Not only is this a nice object for that person, it is also a valuable tool in helping the individual remember who they are.

Generally, as long as it is beneficial, there are no limits on how many sessions people can attend. Most sessions usually last between 30 minutes and an hour.

What problems can Reminiscence Therapy help?

This type of therapy is an effective treatment for:

- Memory loss
- Dementia
- Depression
- Anxiety

Want to find out more?

Books

Sim R 1997

Reminiscence Social and Creative Activities with Older People in Care,
Winslow, Oxon.

If you have any queries please do not hesitate to contact your therapist or key worker.

General enquiries

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The information in this leaflet is available in additional languages and alternative formats.
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every step of the journey*