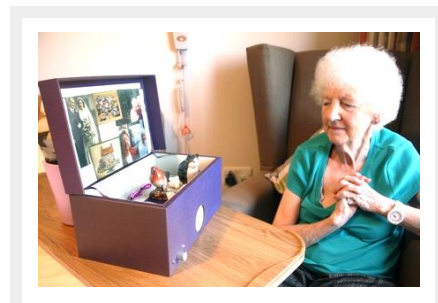


SUITCASE OF MEMORIES

BOX OF MEMORIES

for people living with cognitive decline



Suitcase of Memories and Box of Memories is a fun way to engage with your loved one with cognitive decline.

They are fun to create together and be used over and over again to connect with your loved one, whether with you, a visiting friend, or relative.

A favorite suitcase or box is filled with objects selected to represent friends, family, key memories, and small favorite possessions. Then, as your loved one picks up each object, they are encouraged to recall memories from their past. This is a form of reminiscence therapy and is recognized as a way for people to help regain control of the lives by encouraging people to draw on some of their earliest memories, which are ones that they often recall the best.

This kind of therapy can help improve mood, well-being and cognitive abilities, such as memory when conducted on a one-to-one basis, encouraging people with cognitive decline to recall information about themselves and their past and not focus on their memory loss.

Materials needed:

- A small suitcase, shoe box, or other box with a lid
- Items to place in the box that will resonate with your loved one

Step 1: Identify a small suitcase or train case that might have belonged to your loved one. If none are available, find a sturdy box with a lid to use, a shoe box, or other interesting container. If needed, decorate the outside of the box to make it attractive for your loved one.

Step 2: Preferably with your loved one, explore around the house for items to place into the box. These items could be photos of them as a child, their families when they were young, post cards of places they have visited, small mementos, rocks, stuffed animals, and other special items.

Step 3: Together with your loved one, identify a special place to locate this suitcase or box so that they can always find it.

Step 4: When people visit, encourage them to sit with your loved one and share their Box of Memories or Suitcase of Memories with them.

