

Reminiscence Kits

Welcome to the Forget-Me-Not Resource Center, a collection of resources for families affected by Alzheimer's disease and related dementia. We hope you enjoy this reminiscence kit with your loved one. Reminiscence kits are designed to encourage memories of past events and activities that your loved one enjoyed in their younger years.

Here are some helpful tips to get you started.

- Create a story with the items in the toolkit. If you remember stories from your loved one's life, use those.
- Start a conversation with your loved one about the items.
- Ask open-ended questions about what they think about the items.
 - Have you ever used this item before?
 - For sensory items: what does this smell remind you of? Did you feel this item? What does it remind you of?
- Remember there is no right or wrong way to use a reminiscence toolkit.

Make it your own experience with your loved one!

Please feel free to contact us with questions or other ideas to use!

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