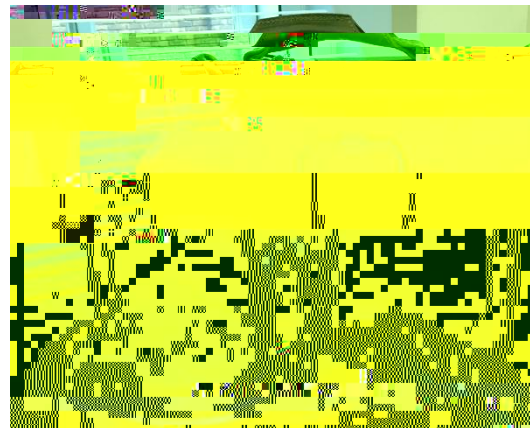
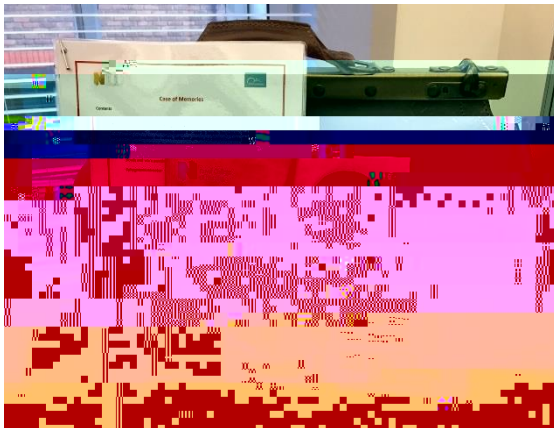




Case of Memories

The Royal College of Nursing Dementia SPACE principles project revealed there are a large number of care home residents who had a nursing background or were in receipt of nursing care during the 1950's and 1960's . This district nurse case is based on one from that time and contains replicas of the items used at the time.

We have designed this case of memories to be used as part of facilitated reminiscence with your residents and those who are important to them.



'Reminiscence' means sharing life experiences, memories and stories from the past. As a person living with dementia is more able to recall things from many years ago than recent memories and reminiscence draws on this strength. Reminiscence can give people living with dementia a sense of competence and confidence through using a skill they still have.

When a person shares something about their past and another person shows interest or enjoyment, it is a wonderful opportunity for that person to feel that they are the one who is giving something to another human being, rather than always being the one who is receiving or listening.

Talking about the past can also bring up happy memories and good feelings, and this can be wonderful in itself, but particularly if a person is finding life difficult. It is also the case that reminiscence can sometimes provoke painful memories. Whilst emotional reactions are not necessarily a bad thing we need to be alert to this possibility and respond appropriately.

