



Creative Carers Network is a Sensory Trust project creating a model for supporting carers through access to nature-based interests and activities

Memory books



A family photo, special date or picture from a special holiday can all evoke strong emotions and lead to powerful reminiscing. For some this can become even more important if your own memory is starting to fade or you find yourself spending time away from those closest to you.

Creating a memory book can be a very useful tool if you care for a person who is going to be spending time being cared for by others, it can work as a touchstone to calm and connect to the person they are. They can also be incredibly useful for care staff to understand more about the individual in their care and even help to tailor activities around their interest and background.

Memory books are great for everyone and the activity of making them can be really fun and engaging too. The more you can put into them on a sensory level, not just images the more meaningful they can become. Here are some ideas of what to include;

- Photos
- Special dates e.g. birthdays, wedding anniversary
- Special places you like to visit e.g. holidays, gardens, a particular park bench
- Family tree
- Momentos from a special trip or time of life



Why not try to include some different textures such as a pressed leaf of a favourite tree or flower, or a piece of soft tactile fabric. By making the book as multi sensory as possible you will be able to help your loved one connect with people and places which are memorable and important. Some people even create accompanying memory boxes with objects to go with images. All you need is a ring binder and some plastic wallets or you could get a scrap-booking kit from a stationary shop.



Sensory Trust

Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age and ability.

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