

Reminiscing Therapy

Reminiscence therapy (RT) encourages individuals, especially older adults or those with dementia, to recall and share personal memories. Caregivers can learn techniques to help their loved ones try RT.



How It Works

Caregivers can help their loved ones remember past experiences by using prompts related to the senses - **sight**, **sound**, **smell**, **touch**, and **taste**. This encourages storytelling, helps individuals feel connected to their past, and can bring out positive feelings.

Storytelling Technique

Encourage your loved one to share their stories - whether **spoken**, **written**, or **expressed** through art. Try to **focus on positive moments** in their life, and keep the conversation going by **showing genuine interest** and asking **open-ended questions**.

Visual and Auditory Prompts

Bring out old **photo albums**, encourage them to **draw**, or explore items like **newspaper clippings**, **scrapbooks**, and **diaries** together. You can also play **music** that connects to the memories, such as their wedding song while looking through the wedding album.

Taste and Smell Prompts

Prepare **foods** that hold special memories for your loved one, and share these meals while talking about what they remember. The familiar scent may spark even more memories, as **smell is a powerful trigger**. You might also introduce other scents, like a loved one's perfume, to trigger memories from the past.

Benefits of RT

Benefits of RT include:

- Finding meaning in one's life.
- Decrease in stress or depression.
- Decrease in challenging or unwanted behaviors.
- Helps one accept their current condition.
- Opportunity to connect.