

RESOURCES FOR REMINISCENCE THERAPY

PRACTICAL GUIDES AND BOOKS

1. **Reminiscence and Life Story Work Help Sheet**
 - Dementia Support Australia provides a very practical help sheet for care staff, explaining how to carry out reminiscence and life story work, with tips on using it in everyday care. dementia.com.au
 - The online version from their Resource Hub is also very accessible. dementia.com.au
2. **Reminiscence and Life Story Work: A Practice Guide** by Fiona Gibson
 - Published by Jessica Kingsley, this guide covers how to plan and run reminiscence work, both in individual and group settings, for people with dementia, including life story-book creation. dementiapartnerships.com
3. **Life Story Work with People with Dementia: Ordinary Lives, Extraordinary People** by Polly Kaiser & Ruth Eley
 - A very person-centred book focused on using life stories meaningfully in dementia care. Listed on lifestorywork.org
4. **The Handbook of Structured Life Review** by Barbara K. Haight & Barrett S. Haight
 - For those interested in more structured, therapeutic life review approaches. Also listed on the Life Story Work website: lifestorywork.org
5. **Practical Guide – Reminiscence Therapy** (INM / InterDem)
 - A downloadable practical guide (PDF) from the InterDem network, outlining how to run RT in different contexts (group, individual, residential care) and summarising evidence. interdem.org

DIGITAL AND TECHNOLOGICAL TOOLS

1. **Recuerdame App**
 - A co-designed app for occupational therapists and carers to plan, run, and document reminiscence therapy sessions. [PMC+1](https://pubmed.ncbi.nlm.nih.gov/35811111/)
 - The app was evaluated positively: therapists rated its usability very high, and believed it could enrich sessions and save time.
2. **Memory Matters (iPad Game)**
 - A pilot study looked at an iPad-based reminiscence game called *Memory Matters*, used in individual or small group formats. [PubMed](https://pubmed.ncbi.nlm.nih.gov/35811111/)
 - This kind of digital approach is helpful when face-to-face deliverers are limited or to supplement traditional RT.

3. **VR / AR Reminiscence Therapy System**

- Researchers have built a virtual-reality (VR) reminiscence therapy system using a 3D historic house model to trigger memories. [MDPI](#)
- This demonstrates how immersive technology can be used to evoke meaningful life memories in older people, including those with cognitive impairment.

4. **Chatbot-Mediated Reminiscence ('Remini')**

- A recent design study introduced a chatbot called *Remini* to facilitate mutual reminiscence between close partners (e.g., family, friends). [arXiv](#)
- Although not yet dementia-specific in published clinical trials, it represents a promising direction for technology-assisted reminiscence that supports social connection.

5. **Photo-based Reminiscence Co-design**

- A research paper explores how older adults interact with photo-based reminiscence technologies, and presents design ideas for making these tools more accessible and meaningful. [arXiv](#)

MEMORY BOX IDEAS

Use this list to create a personalised reminiscence box:

- Photos from childhood, school years, wedding, holidays
- Letters or postcards
- Favourite music or playlists
- Objects with emotional meaning (medals, crafts, jewellery)
- Books, religious items, recipe cards
- Clothing or fabric with familiar textures
- Smells (lavender, perfume, aftershave)
- Local newspaper clippings
- Certificates or awards
- Old toys, tools, or items from work life

CONVERSATION PROMPTS

Use these in one-to-one or group RT sessions:

Childhood

- What games did you play as a child?
- Who were your closest childhood friends?
- What was your school like?

Family & Home

- What traditions did your family have?
- What smells remind you of home?
- Tell me about a holiday you loved.

Work & Life Skills

- What was your first job?
- Did you ever have a mentor or someone you admired?

Music & Culture

- What songs remind you of happy times?
- What dances or celebrations did you enjoy?

Food & Traditions

- What foods did you grow up with?
- Do you remember a special meal someone cooked for you?

Special Milestones

- Weddings, anniversaries, birth of children/grandchildren
- Travels and firsts eg what was your first car, first house, first big purchase.

FUN MEMORY SHEETS TO COMPLETE

1. ABOUT ME

- I. Name:
- II. Preferred name:
- III. Date of birth:
- IV. Place of birth:
- V. My family:
- VI. My happiest memories:
- VII. My favourite music:
- VIII. My hobbies and interests:
- IX. Important routines (morning, bedtime, meals):
- X. Comforts (foods, music, smells, objects):
- XI. Things that help me feel calm:

2. MY LIFE TIMELINE

Write down key memories from each of the following periods of your life.

Birth to early childhood (0–12)

Teenage years (13–19)

School, friends, music, fashion

Young adulthood (20–40)

Work, marriage, milestones

Mid-life (40–65)

Career, parenting, travel

Later life (65+)

Grandchildren, hobbies, achievements

3. MY MUSIC PLAYLIST

Song / Artist	What I like about it	Why it matters	Memory attached

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For more information, please visit the following websites:

drhelenapopovic.com
adventureprevents dementia.com
winningatslimming.com

