

# Proposal for a Reminiscence Group

## Instructions for use

this was written by a dementia specialist to help activity organisers get the tools and support they need to run reminiscence activities. it is designed to help you start a reminiscence group using the The Daily & Weekly Sparkle reminiscence newspapers.

The sections in italics are for you to fill in as appropriate.

Please delete or add text as you think necessary

## **Reminiscence Activities**

The provision of purposeful activities in care homes for older people is a healthcare essential, with consequent improvements in health and well being for the residents, and a sense of fulfilment from their involvement. This proposal plans to include enjoyable and rewarding reminiscence activities as part of our care home's activities programme.

Reminiscence is particularly valuable because it can lead to so many different types of positive activities for people to take part in. These activities meet important personal and social needs, and also give opportunities for residents to make positive contributions to others through the sharing of their memories.

Some residents may be limited by disability and frailty from fully participating in some activities, but reminiscence can be tailored to their needs, utilising their assets, and providing activities that are inclusive, enabling and enriching.

# Proposal for a Reminiscence Group

From:

To:

Date:

## Main General Aims

- For participants to achieve positive outcomes from their reminiscences, related to increased social interaction and improved well being
- For care staff to develop skills, knowledge and expertise in the provision of group reminiscence activities, and so our enhance person centred care

## Objectives

- To give participants a stronger sense of their individual background and personhood by connecting the past with the present in their lives
- To find the common ground and shared humanity between participants, and so improve social and community relationships
- To understand the participants better and see their points of view
- To enable heritage to be passed on between generations, and to inform our knowledge of social history
- To enable participants to give and receive their memories, and so help them to build mutually beneficial relationships
- To give participants an opportunity to express different aspects of their individuality, and so reinforce and strengthen their sense of identity

- To help participants to look back and reflect on life, and so provide for them greater understanding to face challenges in the present and plan for the future
- To help participants to remember more, make positive contributions and function at their best
- To use the reminiscence activities to lead on to a wide variety of other social, creative and educational activities, providing a sense of fulfilment and pleasure for participants

*[As well as an awareness of the general benefits of reminiscence, write up a list of individualised aims for the group members, as you get to know them better. Discuss these with colleagues, and involve group members in setting their own personal objectives for the group.]*

## **Methods and resources**

- The Reminiscence Activities Training Manual: a step by step guide to good practice in reminiscence work (Bernie Arigho)
- The Daily & Weekly Sparkle reminiscence newsletters – Daily ideas and resources for reminiscence activities
- Reminiscence Handling Collection
- Music CDs
- Other reminiscence resources, e.g. reminiscence readings, postcards, photographs, sound effects

## **Names of participants**

*[Choose to invite 6-8 residents who you believe would benefit from a group such as this one, and who would enjoy the opportunity to share memories. If communication difficulties are severe within the group, you may need to keep the numbers down to 4-6 residents.]*

## **Names of staff**

*[You, and a colleague who is interested in running reminiscence activities, will staff the project. You are the main organiser, and your colleague is your assistant.]*

## **Number of sessions – dates and times**

*[You will need to discuss with all concerned the most convenient day of the week for the group to meet, and the most convenient time of day, and then make sure that these dates and times are in everybody's diaries. You will also need to decide how many sessions and groups you will run, and how frequent they are to be – weekly, biweekly or monthly.]*

## **Room choice**

*[Ideally you want an accessible and comfortable room that can accommodate the group, and most importantly be free from any interruptions or distractions for the duration of the session. This needs to be guaranteed, and everyone in the care home aware of it.]*

## **Time required each week for staff to run the project**

*[You are looking for a 90-minute slot for each session, allowing about 15 minutes for the planning meeting, 60 minutes for the reminiscence session and 15 minutes for the evaluation meeting. You may also need extra time to prepare the room and to help participants go to the session – about 30 minutes. You will also need time to plan each session and time to write up your monitoring and evaluation notes for each session – at least 30 minutes each for each session. This adds up to 3 hours for each session for the main organiser, and 2 hours a session for the co-worker.]*

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Source: *The Reminiscence Activities Training Manual* by Bernie Arigho (The Daily Sparkle 2011)