



## MEMORY BOOKS

Using a Memory Books is great for anyone with dementia / brain failure. Caregivers can use a Memory Book to help calm a person and redirect with familiar photos together with a typewritten narrative. In a difficult situation, a Memory Book can help him/her redirect attention, reminisce and improve communication.

Last Name, First Name \_\_\_\_\_

Room # \_\_\_\_\_

GEM® Level  Sapphire  Diamond  Emerald  Amber  Ruby  Pearl Date: \_\_\_\_\_

Risk Factors:  Dehydration  Malnutrition  Social Isolation  Falls  Other \_\_\_\_\_

Strategies:  Hand-under-hand (HUH)  Visual / Verbal / Touch  Positive Physical Approach

Cues Needed:  Initiate  Sequence  Switch Gears  Memory Book  Music \_\_\_\_\_

**CHECK ALL THAT APPLY**  I will notice if you are late  I barely notice day / night

### Materials Needed

- copy of 5 to 10 photos that spark a story (one per page)
- Paper, Plastic Sleeves, and Binder with Plastic Sleeves (one sleeve per photo)
- “The Story” printed or typed in large, dark letters underneath each photo. “The Story” should be written in the first person, as if the person living with dementia is telling the story.



**Process** (described with videos on website: [www.BridgesOfCare.org](http://www.BridgesOfCare.org))

During assembly of the Memory Book, involve the person living with dementia as much as possible. Keep descriptions of the photos brief but personal to the person, as if he/she is telling the story themselves. Add information to the narrative including: “who,” “where,” “when” and “why” details you are able to gather.

