

HOW-TO: MEMORY BOOKS



ABC



Materials Needed

- 3-ring binder with clear pocket in front
 - Place a photo of the person as the cover page (involve them in the picture choice).
- White paper
- Family photos
- Computer

Text Size

- Print one sentence in large lettering such as 36 point type size using Calibri, Helvetica, or Arial text type.
- Have the person read it out loud to determine if the type size is large enough so that they can read their book to you.
- Once you have found the right text size, begin creating the memory book!

Content

- Each page must contain: 1 single photo and 1 sentence or phrase to describe the photo.
- It must be written in 1st person.
- It should include names of the people and the place in the photo.

Example #1

This is the house my wife, Mary, and I have lived in for the past 10 years.



Example #2

In my free time, I enjoy playing golf with my friends.



Example #3

I have breakfast at
9:00 AM every morning.



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Implementation

- The memory book should be a shared experience between you and the person with dementia.
- Ask the person to have a conversation with you.
 - “Hi Dad. I’m so excited to see you! Can I sit and talk with you for a little bit?”
- Guide the conversation by making comments on the images and information in the book.
 - “That is a beautiful house! I love the shutters on the windows!”
- Reassure them when they get stuck and can’t find the word.
 - “Yes, you have played golf ever since we moved to South Carolina.”
- Smile and act interested in what they are talking about, even though you may not understand what they are trying to tell you.
 - “Oh really? That is good to know.”
- Do not contradict, correct, ask specific questions or quiz the person!
 - “Do you know what year this photo was taken?”
 - “No, that is your grandchild, Alex, as a baby, not your son, Mark.”
 - INSTEAD: “That does look like your son, Mark, but that is your grandson, Alex.”
- For more information, check out *Memory and Communication Aids for People with Dementia* book by Michelle Bourgeois
 - To purchase the book visit:
<https://www.healthpropress.com/>