



Tips for Using a Memory Box to Help Your Loved One with Alzheimer's Reconnect with the World

Creating a “memory box” is a useful way of organizing items that evoke pleasant memories from your loved one’s past. A form of reminiscence therapy, it can create happy thoughts, help your loved one to reconnect with life and generate pleasant conversations.

Important Ways a Memory Box Helps Your Loved One

The article, “**5 Reasons to Make a Memory Box for Alzheimer’s Patients,**” lists the important benefits a memory box can offer to you and your loved one, including:

- Recalling fond memories of youth, personal interests, children and events that have special meaning.
- Inspiring conversation with caregivers, children or grandchildren.
- Spurring creativity in them to create another box about a different life event or memory.
- Exercising touch and other senses that they will increasingly rely on as Alzheimer’s progresses.
- Providing you with more insight into your loved one and their past history. When you search for keepsakes, you may find special items you did not realize they had.

How to Create a Meaningful Box of Memories

As you create a unique box of memories for your loved one, be sure that all of the items you gather will evoke positive memories. To help you get started, experts in reminiscence therapy offer the following examples:

- Family photo albums
- A letter with special sentimental value
- Artwork by children or grandchildren
- Dried flowers

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- Items of favorite sports teams
- Postcards
- Vacation souvenirs
- Diploma(s)

North Woods Village at Edison Lakes is the area's first single-purpose residential [Memory Care Assisted Living Community](#) (MCAL) dedicated to caring for those with Alzheimer's disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique, [purpose-built architectural design](#) of **North Woods Village at Edison Lakes** is one element of "[NEW DIRECTIONSSM](#)" the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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