



Tips for Using Therapeutic Reminiscing and Storytelling to Help Your Loved One with Alzheimer's Reconnect with the World

Experts tell us that recalling people, places and stories from “the good old days” can be beneficial to loved ones with Alzheimer’s disease and other forms of dementia by enabling them to reconnect socially while also enhancing their physical and emotional well-being. Today, “reminiscence therapy” is recognized as a legitimate and useful form of “holistic therapy” that offers tangible benefits for loved ones with progressive memory disease. It can be practiced by caregivers in the home and getting started is very easy.

The Proven Benefits of Reminiscing and Storytelling

- Improved mood and cognitive function
- Increased ability to communicate. Research has shown new pathways in the brain form as a loved one remembers the past.
- Alleviating symptoms of depression and agitation.
- Reestablishing life's meaning for a person through connection to the past and reasserting their feeling of importance.
- Increased self worth and sense of belonging in the world.
- Relief from boredom and offering a distraction from day-to-day problems.
- Caregivers can also benefit by making eye contact and engaging with your loved one when other communication is difficult.

Reminiscence Therapy Can Use All Five Senses

The article, “**The Five Senses of Reminiscence Therapy**” describes the basic forms of reminiscence, which include:

- **Sight** – Seeing certain items can bring back memories from your loved one’s earlier life. Photographs, magazines or films from a time that is significant to the person can be effective visual cue.
- **Smell** – Aroma has the power to take a loved one to another place and time in their life. Today, aromatherapy using food, perfumes or commercial items of a specific era is used to stimulate the brain and create emotional contact.
- **Taste** – Era-appropriate recipes, soft drinks and spices from your loved one’s younger days can be highly effective in prompting memories and expression.

Guiding. Caring. Inspiring.



NORTH WOODS *Village*

> EDISON LAKES <

- **Touch** – Items that engage the patient's tactile sense can include clothing, blankets, fabric swatches and fur, as well as occupation-specific items. For example, a loved one who was a teacher may respond when given a piece of chalk.
- **Sound** – Recordings of old songs, sounds and voices with personal, historical, and occupational significance to the person can be powerful memory cues. In a related article on the value of music therapy, The [Alzheimer's Association](#) states that music can be one of the most powerful forms of holistic therapy. Therefore, playing favorite songs from your loved one's younger days can add to their sense of pleasure and wellbeing.

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!

Guiding. Caring. Inspiring.

WWW.NORTHWOODSMEMORYCARE.COM

1409 E. Day Road | Mishawaka, IN 46545 | phone 574-247-1866 | fax 574-247-7890