



Reminiscence Activity Sheets

Activity Coordinator's Step by Step Guide

There are 3 main ways our clients use their
The Reminiscence Activity Sheets:

As a reminiscence resource for residents, relatives and staff

- ☀ printed copies to residents – treat as a magazine
- ☀ printed copies to visiting relatives
- ☀ casual conversation bridge between staff and residents/key worker
- ☀ semi-structured reminiscence with staff and residents
- ☀ formal reminiscence session led by staff

As a CQC compliance and star enhancement tool

- ☀ by the visitors book
- ☀ in the activities file
- ☀ in the hand

Promoting your Care or Nursing Home

- ☀ place by your visitors' book
- ☀ send out with brochure requests
- ☀ feature on your website

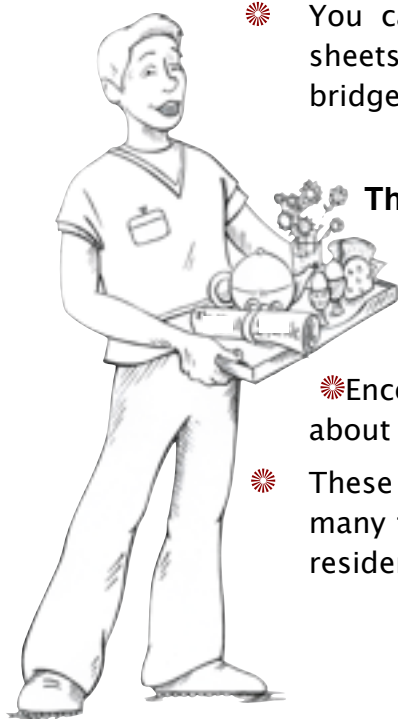


Getting started checklist:

- ✿ Print out a few copies and review the carers note section on each sheet.. They are for care staff to gain extra background information on each days subjects.
- ✿ Next day, increase this number and print a few more.
- ✿ Use the quiz section as a good starting point for a conversation.
- ✿ The activity resource sheets may not be appropriate for all your residents but it will probably be a very welcome addition for many of them. Don't forget those confined to bed.
- ✿ Besides those who can read for themselves your staff can take a minute to read an article to a non-reading resident during the morning tea time. This will not only be a treat for the resident but will also add an insight to the staff's understanding of the resident's world, enhancing their personal relationship at the same time.
- ✿ A lovely touch is to present them with the resident's breakfast – just like having the morning paper delivered!
- ✿ Let your staff know that if there are any relatives visiting they should be handed some activity resource sheets. Staff can tell them that this may have some interesting articles to talk about with their relative. We've found that relatives are often delighted to have something new to talk about during their visit.

Involving the care staff...

- ✿ You can start introducing the care staff to the activity resource sheets and getting them to use them as an informal 'communication bridge' to help develop even better relationships with the residents.



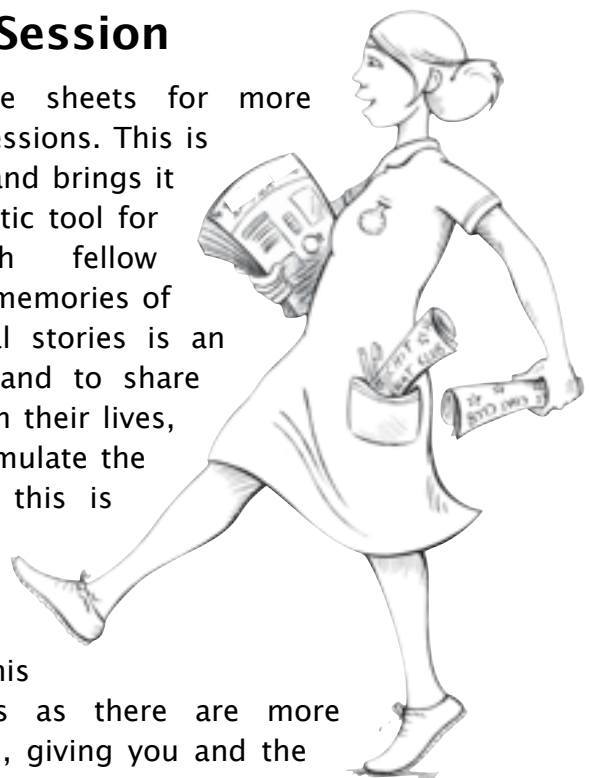
The care staff involvement checklist:

- ✿ At your next staff meetings, or informally on a 1 to 1 basis, encourage the staff to read a few activity sheets when they come on shift. It should take no more than 5 minutes.
- ✿ Encourage them to use the articles as interesting topics to talk about with the residents.
- ✿ These little exchanges can happen while they are performing their many tasks during the day, creating a quality of interaction that the residents will really appreciate.

- ✿ If residents cannot read the activity resource sheets themselves they may enjoy having it read to them. Scheduling a few minutes each shift for such quality care is an investment which will pay handsome results over time.
- ✿ They can add greatly to the general ambience of your Home and make a positive difference to staff morale and job satisfaction. It can be fun for both residents and staff, and be a catalyst for interesting conversations in which both parties benefit.
- ✿ The Resident is able to reminisce and share their experiences – which is known to have profound therapeutic benefits.
- ✿ The staff gain an insight into the earlier lives of the residents, helping them respect, understand and empathise.
- ✿ Both parties gain from the opportunity to strengthen their relationship.
- ✿ Margaret, the Deputy Manager of a Care Home in Ringwood that caters for early to mid stage dementia residents has set up a very effective routine: “I encourage my care staff to read today's **Reminiscence Activity Sheets** when they come on shift. The staff that are working in the daytime serve the morning tea and then sit down with the residents to chat about the today's articles.
- ✿ There's always something interesting to talk about and it really helps everyone feel part of a social group. A bit like a real family. If we have no activities going on in the afternoon we do the same. It's wonderful because you can use it at anytime.”

A Programmed Reminiscence Session

- ✿ Use the activity resource sheets for more structured Reminiscence Sessions. This is when they really shines... and brings it into full use as a therapeutic tool for social interaction with fellow residents. Evoking shared memories of past events and individual stories is an opportunity to be heard and to share something meaningful from their lives, and (importantly) helps stimulate the brain and the senses ... this is powerful social and mental stimulation.
- ✿ Printer of a dozen activity resource sheets and use this for reminiscence sessions as there are more articles and topics covered, giving you and the group a wider range of subject to talk about.





A Reminiscence Club

- ✿ In many of the care homes we supply there is no formal Activities person and care staff can happily run these sessions. Some homes even have a rota of carers who then can become experienced at leading and developing their skills.
- ✿ The key to success lies in the detail. A few minutes to read the **Reminiscence Activity Sheets** and prepare the room makes all the difference. As we know, residents can get uncomfortable if they feel disorganised .
- ✿ Make a poster to place on your notice board which can lend an atmosphere of occasion to the session. We recommend that you limit numbers to 8 residents as it's important everyone has a chance to contribute. Print off a copies for each participant and yourself.
- ✿ The ideal setting is probably in a dining room where the residents can sit around a clear table (or two) with sit-up chairs. In this way they can be placed in front of the residents, along with tea and biscuits. Making the session something of an occasion works well for optimum levels of participation and maximum enjoyment.
- ✿ As your residents arrive greet them by name, taking the time to make each person feel welcome. When they are seated you can tell them about the planned session and that everyone is invited to share their own memories and experiences. Say you'll be reading out one article at a time so there's an opportunity for them to comment or share from their memories of that time. (Of course, if comments are not forthcoming, ask a resident by name for their comments etc).

C.A.F.E.S. is an acronym to remind you of the essential elements of a good Reminiscence session.

- ✿ **C** is for 'Curiosity'. This is the key to getting a good level of contribution and energy. Be curious – just as you would if you were having a good chat with a friend around the kitchen table ... 'and what happened then?'... 'tell me more about that' ... and so on.
- ✿ **A** is for 'Asking'. Ask lots of questions. Though, if you can, avoid using exactly the same words to phrase your questions because that can sound mechanical and lack the tone of interest needed. Particularly, where reminiscence is concerned, use the answers to ask the next question. For example – "...so you were a nurse during the war... where were you working?"

☀ **F** is for 'Follow'. Follow the conversation, even if it veers far away from the original subject. Conversations often do move from one subject to another so just let it flow. Your main task is in checking that the conversation is keeping the participants' interest. When the interest and interaction dies down, you may then want to return to the original subject, or choose to go on to the next article.

☀ **E** is for 'Engage'. Normally there will be one or more participants who join in every conversation, and there might be others who are less involved. Be aware of those who don't join in and make a special effort to engage them. One simple way of doing this is to ask them a direct question, using their name. For example, you might look over and say in a gentle but enthusiastic tone, "Mary. What do you think was the.....?"

☀ **S** is for 'Stimulate'. when you notice the energy is flagging it's time to move on. Introduce a new subject e.g. "I see here that" etc, or tell a corny joke. Go to the quiz page, which always seems to re-energise the session ... or say something like "My mum always used to say" and make a quote ask if they agree/disagree.

☀ ** Have a notepad with you during the session for jotting down interesting facts about the individual participants. Such insights may be valuable information for their Personal Care Plan and give clues as to what makes this person happy, or respond in a particular way.

