

# Reminiscing about the Past

RESIDENT IDENTIFIED REMINISCING ABOUT THE PAST AS A PREFERENCE



# Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Device to look up pictures, play music, and/or watch videos

- Tablet, such as an iPad
- Computer or laptop
- Smartphone



Photos, keepsakes, or magazines that the resident might like to hold or interact with



Essential oils or spices to smell



Feeling Faces Emotion Assessment form



# Activity Introduction

**[APPROACH]** Approach the resident from the front, on eye level, and smile.

**[GREET]** Greet the resident using their name.

**[INTRODUCE]** Introduce yourself using your name, and point to yourself.

**[ASK]** Ask how the resident is doing today.

» Say: "How are you doing today?"

▲ **[ASSESS]** Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

**[RESPOND]** Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

# Activity Questions

## Question Suggestions:

- When I was a little kid, I used to ride my bike a lot. Did you like riding a bike?
- My grandmother made the best cherry pies. Was your grandma also a good cook? Do you like to eat cakes and pies?
- I remember being on a farm when I was younger. We and grew corn and tomatoes and raised cows and pigs. Were you ever on a farm?
- My favorite thing to do at Christmas time is to decorate the Christmas tree. Do you like to decorate a tree for Christmas?
- One of my favorite songs is "You Are My Sunshine." Do you know that song? (can start singing or humming the tune)

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know your favorite memories are important to you. Would you like to tell me about some of your favorite memories?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident if they would like to look at pictures or listen to music.

- » Say: "Let's look at these pictures together" or "Let's listen to music together."
- » Do: You may offer examples from your own experiences if they are struggling to engage in conversation. Point to a picture and say what you are reminded of when looking at it.

**[BEGIN]** Begin reminiscing with the resident.

# Activity Instructions continued

**[ENCOURAGE]** Encourage the resident (remember: engagement over correctness).

- » Say: "I love hearing about your experiences," or "You are such a great storyteller."
- » Do: Smile and nod, point to the resident.

**[ASK QUESTIONS]** See question card for ideas.

**[OFFER]** Offer the resident a sound clip, photo, or item that helps to remember the memory, if needed.

- » Say: "Do you want me to play a song for you?"  
"Do you want to see a picture of [name of person, food, dress, place]?"
- » Do: Follow the resident's guidance, search for photos of relevant clothes, food, videos of dance, or songs they describe that are associated with the memory.

\* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

# Using the Senses

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see, hear, and touch** during the activity, for a sensory experience.

**(Tip: Participate with the resident, you can answer these questions too).**

- » **See:** Encourage the resident to look at pictures, either of their own family or from a magazine or book. Point at objects in the pictures.
  - "I see a picture of \_\_\_\_\_. What do you see?"
  - "This reminds me of \_\_\_\_\_. What do you think of when you look at this picture?"
- » **Hear:** If listening to music, offer the resident ways to start a conversation:
  - "Listening to this reminds me of being a little kid. Do you remember hearing this song as a child?"
- » **Touch:** If the resident has a special keepsake that is textured or nice to hold/feel, use it during your time together.
  - "This \_\_\_\_\_ is so [describe texture of item]. Can you tell me more about this [name of item]?"

# Activity Closing

**[THANK]** Thank the resident for doing the activity with you.

**[ASK]** Ask for feedback:

» Say: "How did you feel about reminiscing about your past today?"

▲ **[ASSESS]** Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

**[ASK]** Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

*great job!*



