## Make a Memory Box!





Fill a box with objects that are important to the person who has dementia. When you are with them, take out the objects and talk about them together.

- Here are some ideas of what to put in the memory box:
  - A small souvenir or postcard from a holiday
    - Photos of family, friends and pets
  - A CD containing music from their childhood
  - Accessories (e.g. jewellery or watches) that they used to wear
    - Old trinkets (e.g. mint tins) and ornaments
      - Small toys
      - Letters and stamps
    - A DVD with their favourite film or TV Programme
- Fabrics, wallpaper and carpet samples with vintage/retro patterns
  - Printed adverts and magazine covers from their childhood
    - Perfumes and other scents
    - A soft blanket, hat or scarf
  - Their favourite mug with sachets or tea bags containing their favourite hot drink