



# Daniel Boone Regional Library

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## Tips for creating Memory Kits

- The point of kits is to stimulate conversations and memories. We want to help them remember and improve cognitive abilities. But you also want to help them engage in conversations and feel like a contributing valuable participant.
- Think of the memory kit as a loose experience rather than quizzing your loved one about specific details of their recollections. Past experiences and childhood are good places to start.
- Tailor your kit to fit the individual's interests and abilities.
- Questions should be open-ended.
- A kit should reflect a person's interests and abilities.
- A kit should offer prompts to help draw out and encourage participation.
- Sharing memories from the past offers special insight into a person with dementia and may help to build a bridge between caretakers and people living with dementia to connect and communicate.
- Kits should contain tactile objects and things that connect with all the senses. Keep in mind; you may have to label things to help invoke familiarity.
- Coloring sheets, word searches, games (bingo and simple card games) lacing cards, short stories, crossword puzzles, dot to dots. Free worksheets can be found on the web. Start by typing in free downloadable work sheets. You can put a particular topic also. Children's work sheets are usually good as long as they are not too childish.
- A memory kit should be a tool to help in establishing connections with care takers and people living with dementia.
- Use the kit to help encourage successes and help people feel engaged which leads to less agitation and anxiety.



Callaway County Public Library, 710 Court St., Fulton, MO 65251, (573) 642-7261

Columbia Public Library, 100 W. Broadway, Columbia, MO 65203, (573) 443-3161

Holts Summit Public Library, 188 W. Simon Blvd., Holts Summit, MO 65043, (573) 606-8770

Southern Boone County Public Library, 109 North Main St., Ashland, MO 65010, (573) 657-7378