

Memory postcards

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As in the days when we used to send postcards whilst on holiday, this activity connects people to places and can be looked at again and again to stimulate conversation around places and nature.

Memories play an important role in maintaining our connections and is particularly relevant for older people with dementia but memories are not always about staying in the past; they also help us to understand a person in the present and lead to conversations about their future hopes and wishes.



Materials

- 1 piece of A4 blank paper
- 1 piece of card – any length but allow space for several images; we use A3 card cut into 3 pieces, each roughly 14" x 5.5"
- Pictures cut out of magazines, old postcards, old photos etc; images of whatever topic you want to cover
- Glue stick
- Scissors
- Pen for writing



Method

Sort out the pictures into subjects prior to the activity taking place.

Use a quiet relaxing space in which to do this activity. Avoid using yes or no questions.

1. Glue a folded piece of paper to the back of your postcard, so that you can open up the paper and write in it.

2. Lay the images out so that the various themes can be clearly seen.

3. Select images that help you reveal the memory. If you're assisting someone else, try not to influence their memory or images selected.

Questions such as "where was your favourite outdoor place?" are better than "Did you like to walk in the woods?"

4. Using the glue, fix the images to the postcard on the opposite side to the folded paper; telling the story from left to right as if you were writing the words down.

5. When you have finished, write the memory on the back, inside the folded paper.

Now you can swap memories!



Top tips

1 Try and work out someone else's memory from just the images. Then read the words on the back to find out how close you were.

2 Creating several Memory Postcards provides more choice of memories to encourage conversation.

3 Seasonal memories help people relate to the time of year; if leaves are falling an autumnal memory can connect someone to the seasonal changes outside



Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

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