

# M&S ARCHIVE

## Reminiscence Image Pack Guidance Notes





## Running a Reminiscence Session Getting Started

Reminiscence is an activity where people recall and share their memories and the emotions attached to those memories. The images in our photo packs can help stimulate people's memories.

With each photograph you'll find information about the images to help you to start conversation.

### Top Tips

- The sessions should be quite short to keep people's attention. We recommend no more than 1 hour.
- Have a think about people's background beforehand so that you can have a look for photographs they might remember and find interesting.
- Gather a small group around a table (around 6 or 8 people). Introduce the session and the theme. You can put everything out on the table from the start or introduce one photograph at a time.
- If possible, keep distractions eg tea and biscuits to the end of the session. TVs and radios should be turned off too.



## Running a Reminiscence Session Communication Tips

- Don't worry if the conversation goes off from the original topic. The most important part of reminiscence is that people are enjoying themselves.
- If people have trouble communicating you could ask questions that have a yes or no answer, people can then just shake or nod their head.
- Maintain eye contact and speak clearly and calmly.
- It's useful to have a pen and paper nearby in case people want to write their memories down or have difficulty in communicating.
- Try and make sure one person is talking at a time. This gives everyone the chance to speak and to listen to other people's memories.
- Not all memories are positive so it is important to check people are ok.
- If an older person starts remembering a sad or difficult time in their life it is not necessarily a bad thing. Sometimes it is ok for the person to explore their feelings but make sure they are acknowledged.
- When closing the session make sure the activity has a formal ending and that the participants know the session is coming to an end.
- Useful information about communication can be found at [www.alzheimers.org.uk/factsheets](http://www.alzheimers.org.uk/factsheets)

**If you have any comments or feedback on the reminiscence packs, or ways in which they could be improved, please contact us: [archive@marksandspencer.com](mailto:archive@marksandspencer.com) or on 0208 7182800.**