

MEMORY BOOKS



Following are instructions for creating Memory Books as memory supports for people living with dementia.

Memory books are an example of a memory support for people living with dementia to aid in the recall of facts about their life and to provide valuable information about who the person is to those caring for them. They can be used to support orientation, to manage repetitive questioning and relieve anxiety. Ideally, the memory book should be started in the early stages, before going into a care environment, with the person and their family or carers.

Memory books, complete with photos and descriptions, can assist a person living with dementia spark memories and stimulate conversation. It serves as a reminder of details about their life, (such as the names and faces of loved ones, things they did and enjoyed in the past and details about their present life, such as their activities, likes and dislikes.

The photos and font used in the memory book should be large enough for the reader to see clearly.

The book can be called “Let’s Talk About Me” or “My Life Story” or “All About Me”. The cover should clearly state the person’s name (specifically their preferred name) and display two photos – one of them in their younger years, and one current.

New carers or visiting family members are encouraged to sit and read the book with the person. They can also be gently reminded when asking questions about their past or schedule that the details are in their book.

When creating a memory book, consider the following:

- Family and carers work with the person living with dementia to co-create the book.
- Make enlarged copies of treasured photos and obtain descriptions to go with each.
- Memory books are unique to each person.
- Write in the first person.
- There are now services, software and online sites that can help create and print your own books.



Book: Memory and Communication Aids for People with Dementia (Michelle S. Bourgeois)



File: Memory Book Template

Montessori for Dementia, Disability and Ageing

Visit our website to find out more about supporting well-being through the four **Key Principles** of Montessori for Dementia, Disability and Ageing: Self-Esteem, Independence, Choice and Meaningful Engagement. Each **Key Principle** is outlined with **Essential Elements** and then has detailed **Guidelines** to assist with implementing these principles within home and care settings.



Website: Information and resource for [Guideline: Memory Supports](#)