

What is a Memory Book?

“Let’s Talk . . . About Me” provides a template for a memory book that can be used to help people who are living with dementia to remember:

- Details about his/her life (such as the names and faces of loved ones and things they did and enjoyed in the past) and
- Details that are important in the present (such details about what they do each day and as likes and dislikes).

The information contained in a memory book can help someone with dementia spark memories and stimulate conversation. It is important to note that the size of the text and the photos pasted into the book need to be large enough for the user to clearly see. Since each person is unique – so too is the story, the details and the content of each memory book.

In a memory book photos and descriptions provide the details that a person with dementia often forgets.

Putting a Memory Book Together

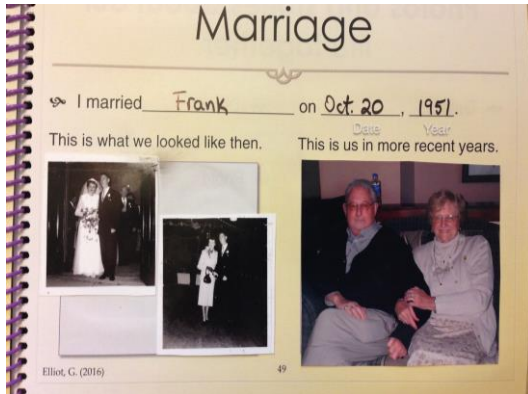
- Collect photos and details to go with each photo.
- Put the details together with the person who will be using the memory book (recognizing that this person will sometimes need help remembering details, and other times will be able to fill in missing details).
- You may want to photocopy the photos – enlarge them – or shrink them – depending on what you have available. The photos and words need to be large enough to be seen.
- Find some glue that will not wrinkle the photos when they are pasted into the Memory Book.

Below: Putting a “Let’s Talk . . . About Me” book together



Note: The cover has a photo of the person when she was younger as well as a recent photo, with her name printed clearly below. This helps a person with dementia to remember what she looks like today.

Sample pages



The photos below were put in her memory book.

