

# How to create a Memory Box Guide

Creating a Memory Box for an individual or a group of people is a useful resource that will trigger memories from their pasts and encourage conversations with carers, friends and families.

## What will you need?

A container or box for storing the objects and keeping them safe

Objects and memorabilia

Copies of old photographs

For group boxes a theme is a useful way to group memories e.g. Life at Home

## Memory Box for individuals

Use a storage box that could be personalised with pictures or favourite colours.

Collect items that have personal meaning to the individual and will allow important memories to be triggered.

The items will be mostly in an individual's home.

General items from someone's past may also be a useful resource particularly if they can be used to bring back general memories e.g. holidays, cooking, past work life. Look in charity shops or ask friends and relatives if they have particular items.

Aim to collect about 10 items in total.

## Memory box for groups

Think of an overall theme.

Collect items for your memory box from charity shops, car boot sales or ask other people. It is amazing what people have in cupboards or attics at home.

Ensure that you have a range of items and that they will be of interest to a range of people. Selecting a theme will be a useful tool for achieving this.

Aim to start with about 10 items but add more to your box as you source them and as you become aware of what works well with your groups.

## Further ideas

Multi-sensory items work well, particularly if individuals have different levels of sensory communication. Think about adding items that stimulate smell, hearing, movement and taste.

Think about people's personal backgrounds when selecting objects.