

Reminiscence

REMINISCENCE What is it?

Four definitions:

- 'Reminiscence is the act or process of recalling the past' (Butler 1963)
- 'The recalling of memories from one's personal past' (Webster 1997)
- 'The process of thinking or telling about past experiences' (Cappeliez, Lavallee and O'Rourke 2001)
- 'Reminiscence therapy involves the discussion of past activities, events and experiences with another person or group of people – usually with the aid of tangible prompts such as photographs, household and other familiar items from the past, music and archive sound recordings.' (Woods et al 2005)

Why do it?

Reminiscence…..

- makes connections between a person's past, present and future
- encourages sociability and opens up new relationships
- confirms a sense of unique identity and encourages feelings of self-worth
- reverses the gift relationship through transmitting knowledge and values and by bearing witness
- is fun!

What do I do?

I don't bury people in the sand!! I do however facilitate the sharing of memories (maybe a day trip to the seaside) – through prompting, directing and stimulating discussion. I provide the visual and auditory triggers and cultivate a comfortable atmosphere in which people can hopefully relax and trust one another. I listen.

What don't I do?

I don't force people to speak or share. I don't make assumptions about people. I don't just do what I feel like doing!

Who will I run sessions with?

Anybody! But to narrow it down a little……..

- Local community groups
- Clubs and societies
- Day Centres
- Residential/Nursing Homes *
- Schools – bringing together the young and the elderly.

*Including clients with Dementia who care staff feel would benefit from and enjoy the experience.

My credentials

BA (hons) Communication

Qualified Mentor and Peer Assisted Leader

Trained – Age Exchange – Reminiscence in Dementia Care

Trained - Hampshire Country Council - Demntia Foundation Certifate

10 years of working amongst local communities – particularly the over 60's. 6 years of working within Residential Homes/Day Centre.

A genuine interest in people. A slight obsession in researching the past – particularly the 1950's. Being born in the late fifties - I have a lot of recollections of a lot of years myself! Strong interpersonal skills.

Where, When, How much etc.

Contact me for a chat. The sessions last 1 hour. Whilst they can be booked as a one-off , a series of 6 or 10 is very worthwhile – depending of circumstances. I come to you (I am cleared to work with the elderly and young and have my own public liability insurance).

Cost

Currently £50 per session – but varies depending on location and time of day - if I can get another booking in same area on same day then I will keep cost as low as possible. Feel free to talk about this with me.

PASSING TIME WITH WORD AND RHYME

An interactive one hour session of poetry, prose and rhymes. A mix of entertainment and reminiscence – but most of all fun! From Wordsworth to AA Milne – from poems that were drummed into you at school to skipping rhymes you used when playing out. From soft and sentimental little poems about the seasons to silly poems from the likes of Pam Ayres and Joyce Grenfell. A few relevant props and pictures and a bit of music thrown in too!
Suitability and costs etc. – as above.

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COMMUNICATION THROUGH REMINISCENCE1 Hour training session for carers - see menu for more details