

# Reminiscence Training

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COMMUNICATING THROUGH REMINISCENCE TRISHA LEWIS has been actively involved with projects for the elderly for the past 8 years. She has a strong association with Hampshire County Council Active Hearts scheme and regularly works on new projects with them. She brings her experience of running reminiscence workshops and other activities to this introductory 1 hour Session. The session is designed for all those involved with caring for the elderly (including with dementia).

Trisha also recently graduated as a mature student from Bournemouth University in 'Communication' (B.A Hons.) She combines the skills and knowledge acquired with this degree with her experiences of reminiscence work and her subsequent specific training in that reminiscence work with the elderly and dementia. (HCC Jackie Pool and Age Exchange)

WHAT DOES THE SESSION INCLUDE?

- Introduction—what is reminiscence and how can it help.
- Examples of reminiscence sessions used.
- Objects, music and pictures—sourcing and using.
- Interactive training exercise—fun but enlightening!
- Useful books and websites etc. for further help.

HOW MUCH? The session is usually 1 hour 15 mins—but this is flexible  
More training exercises and examples can be incorporated into a longer session.

COST: per standard session

£70.00 ( 9-12am / 5-8pm) or £80 ( 1-5pm) PLUS TRAVEL