

## Dementia Support

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Individually tailored reminiscence in the client's own home.

This is a new project - and very exciting! Trisha has been talking with the local East Dorset Branch of the Alzheimer's Society as well as Bournemouth Borough Council - and plans are afoot!

The project is based on the simple principle that using reminiscence as a communication and life enhancing tool really does work! Generally the long term memory is far more intact than the short in those suffering from a dementia - so let's USE it! Triggers are used to stimulate the memory and before you know it - some form of active communication is happening - and that feels good for ALL involved! For the client it provides a sense of worth amongst other things - for the carer a welcome relief from the stress of day to day confusion and frustration - and for the one facilitating the session - a fabulous feeling of achievement and also a privileged peek into the world of the past!

Trisha has been conducting sessions in care homes throughout Hampshire and Dorset for a couple of years now - but this expands the service to those who are being cared for at home still - maybe this is just one of the services that can keep the individual at home for a little longer?

The plan will involve providing a 'memory' trigger album /file at the end of a series of sessions - a lasting tool to be used by the carer and client and possibly taken on to other carers in the future.

If you have an interest in this service and want to enquire further please contact me using the online enquiry link.