

## East Central Regional Library Reminiscence Kits

We hope you enjoy this Reminiscence Kit with your loved one. Reminiscence Kits are designed to encourage memories of past events and activities that your loved one enjoyed in their younger years.

Here are some helpful tips to get you started:

- Encourage your loved one to touch and handle the objects in the Kit.
- Create a story with the items in the Kit. If you remember stories from your loved one's life, use those.
- Start a conversation with your loved one about the items.
- Ask open-ended questions about what they think about the items.
  - Have you ever used this item before? What does it remind you of?
  - For sensory items: What does this smell remind you of? Did you feel this item? Remember to talk about all 5 senses: touch, taste, sight, smell, and sound.
- Be creative. Make it your own experience with your loved one!

