



Tips and Tools to Reminisce

Bring up topics that entice memories and stories. Start with language that opens conversation. Think prompts like: I have this great neighbor that brings me hot soup when I'm sick. Did you have any great neighbors like that growing up?" or "Sometimes being a parent is so hard these days with all the technology, what was it like to be a mom for you?" "My favorite thing to do on a Sunday is to hike with my dog, what did you like to do on Sundays?" "My favorite book growing up was...what was yours?"

Conversation, albums, memory boxes can all start from these popular topics:

Birthplace, Parents, Siblings, Relatives

First memories

Childhood home, favorite room, favorite things

Backyard, neighbors and childhood game

Childhood pets, songs, street games and family life

Favorite foods

Favorite toys and treats



Holidays: Christmas day, Hanukkah, Thanksgiving, Spring Seasons Winter Fun and favorite times of year.



Sports heroes

Radio, music

Turning 21

Cars

The Great Depression

Life during war time



Travel

Work - Career

Special Friends

Important!

Sometimes reminiscing can bring up emotional memories and issues of trauma. We are not therapists or counselors and sometimes memories of war, battles, divorce, the Depression and other topics are best left to trained professionals. It is also important to always honor your friend's decisions to not talk about the past.