



## *Visiting Tip*

When the friend you visit has signs of dementia it can be a challenge to move conversation from the routine and the repetitive to new doors of discovery. Many times your friend is living in a past era with memories that flow as if they happened yesterday. Tapping into those memories and allowing the memories to flow can unlock different conversations and depth to the life story your friend has

to share.

I have a "memory" box at the ready when I visit a new resident for the first time. The treasures in my box open up conversation, create a comfortable and calming atmosphere and start the reminiscing process that helps unlock the vocabulary to share.

Bring one share to your next visit and see what happens.

Suggestions:



Give your friend a valentine and ask about other valentine's days.

Bring a picture of an old time skating party or sledding fun and share what you like to do in winter, then see if they have memories to share.

Google and print pictures of antique toys, games, posters, old pictures of flying a kite or sports events; then ask what they enjoyed doing as a child.

Bring something that brings a smile...a handheld pinwheel, a picture of your dog or something silly.

If you bring something to hold or touch or see your friend may surprise you with a flood of new memories.