MEMORY BOXES

A person who moves into an Eldercare memory support unit may have a memory box mounted on the wall next to their bedroom door.

The memory boxes are designed to assist a person to find and recognise their room. The boxes can assist with familiarity, spark memories and build self-esteem as the person and others are reminded of the person’s achievements, interests and special memories.

The boxes also assist staff and visitors as they provide clues and cues to start conversations and opportunities to reminisce.

Choosing Memory Box Items

Choosing items for a memory box may assist them with settling into their new home. Items can be colourful and should have special meaning. If an item is precious and irreplaceable use a photograph of it instead of the item itself.

- Copies of labeled photographs
- Keepsakes – baby toys, dried flowers, holiday souvenirs, tickets, sporting memorabilia
- Greeting cards
- Reminiscence items that have significance for the person - perfume bottles, sewing equipment, a thimble, ration book, tins, jewelry, an old camera, shells, cooking equipment
- Small ornaments