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#### Project partnership

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**UDAF de la Charente** (France)

**WBS Training** (Germany)

## FORGET-ME-NOT PLATFORM

Tool for creating digital memories

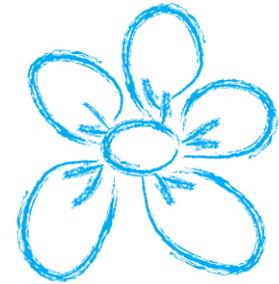
[www.forgetmenotdigital.com](http://www.forgetmenotdigital.com)

## PROJECT WEBSITE

Learning resources for carers

[www.projectforgetmenot.weebly.com](http://www.projectforgetmenot.weebly.com)

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forget me not

## HELPING PEOPLE WITH DEMENTIA AND THEIR CARERS

Learning resources and support for  
remembrance therapy using a  
personalised digital memory box.

Forget-me-not allows users to create a digital memory box used in Reminiscence therapy. As a carer, friend or a relative of a dementia sufferer, you will be able to upload photos, videos, comments and recordings into a secure portfolio, which is then used as a source of conversation and basis for a soothing therapy for the dementia sufferer.



## BENEFITS OF FORGET-ME-NOT?

- ✔ improved mood and well-being
- ✔ stimulated memories
- ✔ remains as legacy for future generations
- ✔ maintains a sense of personal identity
- ✔ improved carers' attitude through better knowledge of the person
- ✔ reminiscence sessions are more enjoyable and based on digital support
- ✔ in some cases people in early stages can still use ICT themselves
- ✔ novel and enjoyable way of recording key events and revisiting them

## INFORMAL CARERS

Informal carers, such as family members or friends, looking after a person with dementia can help the sufferer by creating for them a portfolio of memories, adding content for them to reminisce over.

Think of photos that may trigger memories, recordings of loved ones telling personal stories, videos of important moments or just a text note reminding them of an event.

Consider that you will not only be helping someone close to your heart remember their life, but you will also relive those happy moments while uploading them to the memory box. Help them fight dementia by reminiscing about the days gone by.

The free learning modules will support you in the process and will provide you with fresh information about dementia and the therapeutic effect of using a physical or a digital memory box with a person suffering from dementia.



## PROFESSIONAL CARERS

Forget-me-not can be used in one-to-one sessions between a carer and a person with dementia at their own home, as well as in group sessions in a formal care facility.

Just like informal carers, professional care providers and nurses can use the learning resources for self-learning or structured training organised by their employers. The training materials are free to use under the rules of the Erasmus+ programme.

The five learning topics are:

1. Dementia: forms, dealings and philosophies of approach
2. Culture sensitive care
3. Memory Box concept: physical v. digital approach
4. Using the Memory Box: creating memories
5. Using the Memory Box in practice

