



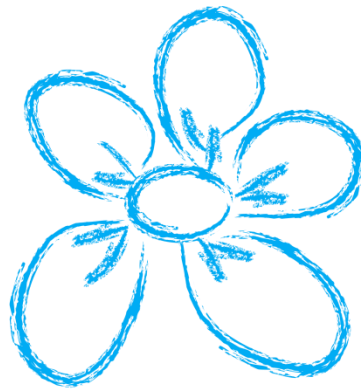
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FORGET-ME-NOT Training Modules

Intellectual Output 2.2

MODULE 5



forget me not

Using the Memory Box in practice



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M.5.1 Benefits in different contexts

M.5.1.1 Benefits for the person with dementia

Digital Memory Boxes like Forget-me-not play part in reminiscence therapy through creating digital memory items referring to specific defining moments of a person's life. Digital memories containing text, images, videos and sounds serve as prompts for people with dementia and their carers to have beneficial reminiscence sessions creating or discussing memories, helping the dementia sufferer remember who they are and what their life was like. It improves the well-being of the person with dementia and provides purpose for carers' visits. The carers will know better the person they care for and it will stimulate patient-centred communication activities.

The main benefits for the person with dementia are:

- improved mood, well-being and self-esteem
- stimulated memories
- approach is tailored to the stage of dementia
- 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 patients in early stages can still use ICT themselves
- Improved socialisation, communication with loved ones, other care home residents and care home staff
- novel and enjoyable way of recording key events and revisiting them

M.5.1.2 Institutional benefits of using a digital memory box

Reminiscence therapy is widely adopted by many care institutions in Europe and using memory boxes – physical or digital – has become a major part of it. Accepting the differences between the two approaches, carers combine the use of physical and digital memory boxes depending on the context of the reminiscence session.

What are the benefits of using a digital memory box in an institutional setting?

Improved ICT competence in the staff

This technological approach to using a memory box enhances carers' ICT skills as they have to use a computer or mobile devices (laptop, tablet, smartphone). Thanks to the present training modules and following training webinars and videos, carers will have improved their general ICT skills, while applying them to a useful non-drug dementia treatment.

The basic ICT skills related to the use of Forget-me-not are:

- Text editing
- Creating hyperlinks
- Image uploading and editing
- Video uploading and embedding using YouTube



- Sound recording and uploading

Improved competence in the staff when dealing with dementia

While many carers have great experience in every-day care for people with dementia, many of them will not have tried to use technology for reminiscence. By adding this novel digital approach to using memory boxes in reminiscence, carers will broaden their range of tools when dealing with dementia sufferers.

The main benefits related to the use of Forget-me-not are:

- potential for novel group activity (e.g use of a projector)
- improved patient-centred care
- improved empathy for the patient by knowing them better
- creates a context for understanding
- encourages and enhances communication with family, friends and care professionals
- observation of impact – self-worth, activity level, observable response

M.5.1.3 Benefits for family and friends of a person with dementia

Not all carers of people with dementia are professional or full-time carers. Family members and friends are, and should be, often included in reminiscence therapy. Forget-me-not provides an easy and user-friendly tool for anyone wishing to get involved in the reminiscence therapy of their loved one. It can be used even without specific training and it allows for an intuitive reminiscence session. For example a daughter or a grandson of a person with dementia can help them create a memory item on a Sunday visit, or just browse through previously created memories and have an enjoyable conversation stimulating their memory.

The main benefits for family members and friends are:

- enjoyment of the interaction with the sufferer
- greater appreciation of their loved one with dementia, as reminiscence highlights the remaining preserved abilities
- improved understanding of the illness
- new way of bonding
- developing new skills to deal with the situation
- exchange of skills and experience among carers
- support for interaction between generations
- ~~helps self-awareness~~
- can strengthen links within the family or circle of friends
- improved links with various collaborators, especially when it's professional carers

M.5.2 Examples of use in practice

Forget Me Not is not a tool that can restore or prevent cognitive impairment. Whatever the context of use, different forms of dementia are characterized by an inevitable evolution and degradation of cognitive functions. One must respect the person in their abilities and never put them in a situation of failure.



If one of the memories stored in Forget Me Not no longer makes sense or is no longer connected to the person's life story, never insist, nor make an issue out of the forgotten memory, instead steer the conversation towards a better-preserved memory.

Forget Me Not's main function is to facilitate people's well-being. It is an interactive way of improving the quality of relationships while harnessing the positive effects of reminiscence.

M.5.2.1 Various contexts of use

1. Stimulation of preserved cognitive abilities

A decrease in one's preserved cognitive functions in a context of dementia-type pathologies can lead to a greater loss of autonomy.

Reminiscence can provide a focus for mental activity, and when it's supported by a digital tool like Forget-me-not, it doesn't only stimulate the brain, but it also brings a sense of achievement when digital memories are being created. At later stages of life, it is absolutely crucial to create those little victories and pride of achievement to improve the elderly person's self-esteem and sense of well-being.

2. Intergenerational bonding

As younger people are often seen as more skilled with ICT, they can very quickly master the use of the Forget-me-not online tool. Children or grandchildren of a dementia sufferer can use these skills not only to help their grandparents create digital memories, but most importantly to use it for bonding between generations. With modern life changing so fast, it is not uncommon that the elderly person feels side-lined and ignored, because they "wouldn't understand anyway".

Having a common activity between the memory-rich elderly and the tech-savvy younger generation is a win-win situation helping the elderly person to be more included, be centre of attention and ultimately bond and improve intergenerational relationships.

3. Group activity in institutional settings

Reminiscence can also be used in groups or clubs inside institutional care settings. The focus is not on one person's memories, but rather on the group members' memories of a common theme, topic or object. It could be anything that can spark memories of most members of the reminiscence group: a song from their youth, a famous building, a historical event, traditions, etc.

In this case the carer managing the reminiscence workshop would use a common profile for the group and populate it with memories based on common topics. The memories would not be shown just on the tablet or computer but would be projected for everyone to see at the same time. For example, it could be a photo of an iconic building in their local town, which is now demolished, but the dementia sufferers will probably have memories linked to it. It could be a cinema, a school, or a long-gone park. Sharing memories within the group can help the members know each other better and find topics over which to form friendships. It is a great communication exercise for everyone.



4. Way of passing on legacy

As the remaining time of human life gets shorter, people wonder what legacy they are going to leave to the next generations, will they be remembered, or will their presence just fade away?

Creating a profile in Forget-me-not and populating it with memories in digital form during reminiscence therapy will eventually leave behind a lovely collection of memories, that were important to the person and that will stay with the family long after their loved one is gone. With the login information left in secure hands, family members can browse the memories from anywhere in the world and enjoy the legacy they have left after them.

5. Focus for carers networking

Non-formal carers of people with dementia can often feel lonely or as if they carried the weight of the world on their shoulders. Local charities and non-formal groups try to provide support for these otherwise isolated carers in regular meetings. These often have a focus and address issues that carers face and sharing experiences can help them find solutions to their personal situations.

A focus of such a meeting could be sessions on reminiscence and more particularly on the use of a digital memory box with a dementia sufferer. These networks could introduce this practice to its members, and they might enjoy a new way of interacting with their loved person with dementia.

6. Rich source for reminiscence as dementia progresses

There are two ends to reminiscence using a personal digital memory box. In early stages of dementia, the sufferer can still provide a wealth of information to feed into their digital memories. The larger the number of memories, the more the brain will have been exercised, but also the more memories there will be at the later stage of the illness, when the same person will be at the receiving end of the memories, which they have created previously.

7. Independent life story work

A digital memory box like Forget-me-not doesn't have to be used only in the context of dementia. Many people could find it a quite enjoyable and easy way of creating an interactive book of memories. As memories resurface, they can be quickly captured in a short text, perhaps accompanied by an archive photo, or a recording of the person telling the story in voice or even an embedded video from YouTube. It could certainly be a more enjoyable way of recording memories, than just writing them down on a piece of paper.

And should the Forget-me-not user be one day affected by a form of dementia, their life story work will be most beneficial for their own mental exercise, recalling all those memories they captured earlier.

8. Focus for individualised support care

Most people with dementia start their early care at home, when the support is provided by a family member or by visiting nurses / carers. At this early stage these carers can work with the dementia sufferer in creating their digital memories and keep their brain active.



At a later stage when other health issues accumulate, the person with dementia can be transferred into institutional care and it could be a very stressful experience for them. When they are admitted into care, there is usually a personal portfolio created in order to provide a more person-focused service. This is where a personal Forget-me-not profile with a number of memories can come in handy. Forget-me-not follows the sufferer wherever they are and their memories can help the carers get to know their new patient much better and offer person-focused approach immediately.

9. Tool for overcoming physical distance

The digital memory box being online, just a few clicks away on any device connected to the internet, far-away family members or friends can access and add or edit memories. They need to be allowed to do so by the owner of the Forget-me-not profile and they can be given access to view and edit existing memories, or only create new memories, without seeing the existing ones.

Imagine children or grandchildren who have left the country and cannot be physically with the dementia sufferer, they could still contribute to their digital memory box and add memories related to the person, even when they are on the other side of the globe.

10. Dealing with negative memories

Forget Me Not's purpose is to consolidate the person's identity, which is defined by positive and negative experiences. Therefore, if the person spontaneously recalls a difficult event in their life, it is necessary to be able to welcome their story with kindness. If the person is in severe pain or the carer does not feel comfortable with this sharing, it is important to seek the support of a specialist (doctors, psychologists, therapists).

Sometimes reminiscence can be used in therapy only by medical experts (doctors, psychologists, therapists) for a softer acceptance of the person with previous traumas. However, Forget Me Not is not intended to be used for these therapies.

M.5.2.2 Examples of use in practice

Now that some contexts of use have been described, it would be useful to demonstrate in what ways Forget-me-not would be used from the perspective of the different people involved in reminiscence therapy. The following pages are edited recounts of people who have used Forget-me-not in various settings.

Setting 1: A user alone with no care support, as part of a life-story work

SETTING: Some time ago, I started experiencing memory problems and could not remember the names of people, dates and details of certain situations.

I went to see my doctor for a diagnosis and I also looked at methods that could make life easier when one has memory problems. So I decided to try, among other things, the Forget Me Not platform.

SITUATION: I am a 72-year-old woman and I have been retired for twelve years. Since I spoke to my doctor about my memory issues, I have been learning about Alzheimer's and related diseases. I'm quite anxious and I need some answers. After some research, I understood that the old memories



were the best-preserved ones, and that they could bring me comfort for a long time. I wanted to create a souvenir book in order to choose for myself the events I wanted to share with my family and friends. It seems to me like a fun activity that is also stimulating.

INITIAL APPROACH: I learned about Forget Me Not from a friend, who is herself a carer, who takes care of her aunt. She explained the idea to me and showed me how she used her memory box with her aunt and also how she used her accounts to feed the contents.

PREPARATION: My friend introduced me to the website and showed me the resources and platform. This reading was very useful to me and I found information about dementia in a short and easily understandable form. My son helped me create the account and I can now manage it myself. I still invited him as a collaborator, which reassures me and allows us to exchange ideas. I learned how to insert images, text and sound/video.

At first, I thought it would be too complicated, but with the help of my son, we went step by step, one thing at a time. I know there are instructions for everything on the site, but I prefer to watch and experiment.

CREATING MEMORIES: When I realized that I could only download the photos stored on the computer in digital form, I asked my son to scan old photos of my family and friends from childhood, as well as images of places I had visited in the past. Now I have them in this form, I can gather them in my Forget Me Not album and add descriptions or video. To do that, I had to learn how to copy YouTube links to the album, but it's easier than I thought.

USING THE MEMORIES: I have trouble remembering the dates of the events and their chronology, so I focus on travel images. For the moment I use it as a way to stimulate my memory. I group the photos of the same trip or the same location and write about them: year (approximately), name of the location, names of the people in the photo, etc.

It's an activity I do on my own, but if I experience too much difficulty, I show the pictures to my family and friends and ask them to help me by giving me some clues. Usually, someone always knows the answer!

When I get stuck or tired, I disconnect and come back to my memories when I want to. I also realized that later on, my loved ones will be able to have conversations about these memories with me and spend some quality time together.

ESTIMATED IMPACT: I like this multimedia album, because it has allowed me to learn how to use a new interactive tool that goes beyond just passively watching images scrolling. Compiling, choosing, completing the memory box is pleasant. I hadn't imagined creating a memory book to pass on my experiences to my family and friends could be so rewarding and reassuring.

Setting 2: A self-trained informal carer

SETTING: I am a self-taught carer. My husband's diagnosis of dementia dates back to the beginning of the year. He began to forget basic things like what he had done the night before, what he had eaten, not remembering our plans. I decided to take care of him at home.



SITUATION: My husband is 75 years old and has been diagnosed with a type of dementia. I took the initiative to use the Forget Me Not platform and to train myself with its 5 modules, as a carer.

INITIAL APPROACH: Our children mentioned the Forget Me Not project and I decided to try it. In addition, a close friend of mine is a professional carer and has used it successfully at his workplace.

PREPARATION: First, I read the modules presented on the project website. I wanted to see if this tool would be useful in our situation. As a carer, I did not know the specificities of these pathologies. I found it interesting that the modules were both theoretical and practical.

Then I decided to connect to the platform following the instructions in module 4. I created an account to familiarize myself with the platform. I easily understood the procedure to follow and also tried to know what equipment I could use.

I presented the platform to my husband and he seemed interested enough. I showed him a preview I had created about our children and he seemed happy. He even recalled some memories from the past.

CREATING MEMORIES: The process of creating memories was both challenging and fun. As my husband is at an early stage of dementia, he struggled a bit to organise his memories chronologically and he required some support to do this. However, his involvement was very helpful, and he felt useful throughout the process. Additionally, while working on the memories, we had the opportunity to relive some of our memories.

USING THE MEMORIES: Helping with the editing of his memories in the platform, he felt useful again. He felt connected with our children and his past. However, he felt sad when he remembered friends and family members that have passed away. I feel that, although painful, accepting death as part of life is important and it helps my husband keep up with reality. Overall, he has a positive experience with the platform, and he wants to use it as long as he can.

ESTIMATED IMPACT: As a carer, it is useful to have sufficient knowledge about dementia. The use of Forget Me Not allows you to reconnect with your partner, by having positive interactions based on the preserved cognitive faculties, to get away from the constraints of everyday life while promoting well-being. These are rewarding moments for my husband and it feels good to feel him present again as a person. The examples integrated in the modules provide useful information and help readers locate the nearest centre from which to seek professional help.

As for the person suffering from dementia, it is necessary to offer them adapted support by professional or non-professional carers, with knowledge of this disease. The advantages of using Forget Me Not are many, I regularly recommend this tool around me.

Setting 3: An informal carer with training support

SETTING: My mother is the full-time carer of my father who has vascular dementia and Alzheimer's. I try to be as present as possible, mainly after work and during weekends.



SITUATION: We both attend a local support group, where carers of people with dementia share their stories and receive support from a professional carer. At one of the sessions, we were introduced to Forget-me-not and, since I use computers on a daily basis, I found it really easy to use and full of potential.

INITIAL APPROACH: My mother was at first reluctant, she said that she had too much to do and she had no time to play with computers, while taking care of my father. One day we sat down and discussed using the platform in more practical details, as I had started reading the modules that were presented at the meeting and we felt in possession of facts.

At our support group meetings, it was really helpful to share ideas and doubts with other carers, we are quite lucky to have our support group. I am thankful to our group moderator for introducing us to and guiding our training through the modules of Forget me not.

PREPARATION: I wanted to be sure of what we were doing, so I read in detail the training modules and I discussed some highlights with my mum. She agreed to proceed with it after I promised to be in charge of the sessions.

First, we had to have an internet access installed at my parents' house and I was happy to give them my old tablet, which was enough for their use. My father used to run an electronics shop, so he was very positive about using a tablet, even though he's not very good at it. I created an email address for him, then set up an account at Forget me not and then I uploaded some photos of dad's last birthday, with some comments, names of people on the photos and even a short video that we made when he was blowing the candles.

I showed both mum and dad what I created, and this was enough to spark some interest. My dad asked if I had any more of those, so I explained how we could work together to create more memories on his tablet. He agreed.

CREATING MEMORIES: The creation of memories on the platform was easy for me, all it takes is just a few clicks. It's quite intuitive. The main challenge was gathering the photos and more importantly the recounts of the memories. Luckily one of the sessions at our local support group focused on ways of extracting and recording memories from people with dementia. It's so easy to get frustrated, but remaining calm, positive and compassionate is key!

One day my father had taken out all the photos of his eventful life and it took us long time to sort out the mess, but it helped us identify some key memories that he wanted to put in his online album, as he calls it. We spent the following weeks digitising the photos and recording his comments.

USING THE MEMORIES: We are still at an early stage, still creating memories and sometimes revisiting some of the created ones. The work with Forget me not provides focus for my visits at my parents' house, but also it gives my parents something to talk about when they discuss which memories should be recorded, while I am not there.

ESTIMATED IMPACT: Despite my mother's initial reluctance, she can now see the benefits of using Forget me not, as it occupies my father and it takes his mind off other things that can cause troubles. It has also allowed them to bond again over old memories, rather than just getting on with their day-to-day business, just surviving another day. Our Forget me not sessions take more of my free time,



but I am proud to be doing something positive for my dad, something that makes him happy and creates enjoyable family moments, that I thought were lost to us. I believe Forget me not stimulates my dad's brain, but even if it doesn't, it makes him happy and keeps him focused on something positive.

Setting 4: A professional carer with a single patient

SETTING: I am a professional carer and I have worked for a mobile nursing service for three years now. Even though we don't have a lot of time with every patient I try to find out as much as I can about the people that I take care of. Dealing daily with dementia shows me how important it is to have a relationship with the sufferers.

SITUATION: One of my patients is 70 years old and has dementia at an early stage. She is very friendly and we've had a good connection from the beginning. After hearing about Forget-me-not from my former vocational school, I wanted to try it with her to get an even better connection as well as helping her to keep her memories alive as long as possible.

INITIAL APPROACH: I heard about Forget-Me-Not from my vocational school. Other former classmates and now colleagues have tried it already and found it very helpful.

PREPARATION: I started with reading through the modules and registered on the platform right afterwards. The only thing you need to sign up is an email address.

CREATING MEMORIES: After signing up for Forget-me-not, I started to create memories with my patient. She pulled out a lot of photos, which we scanned and uploaded. I got some of her favourite music from YouTube and uploaded it on her account. To get even more memories I talked to her daughter about it. She was really excited and uploaded pictures right away from her smartphone using the collaborator function.

USING THE MEMORIES: Now my patient and I have the chance to use Forget-me-not during our conversations. On her bad days, I show her the memories and I can feel how she is more connected to the world again. It gives me, as a professional carer, a good feeling of helping a little bit more.

ESTIMATED IMPACT: After using Forget-me-not for a while now, I experience that my patient has fewer bad days. Her family reported to me that they use the platform as collaborators on a regular basis because it makes her happy and they feel more connected as a family again.

Setting 5: A professional carer with a reminiscence group

SETTING: The session takes place in a care home for dependent elderly people.

SITUATION: I am a professional carer and I conduct activities for the residents of the care home.

INITIAL APPROACH: As a professional carer I keep myself regularly informed of progress in non-drug treatments of dementia. Colleagues have sent me a link to the project website. I introduced the



method to my care home and we quickly became a partner of Forget Me Not. I soon attended training sessions to learn how to use the platform.

PREPARATION:

- Choose the audience: who can be interested, who will benefit from it? Who can't participate because of a risk of failure? The stage of the disease must not be too severe otherwise the workshops will be held individually.
- To know the life history and cognitive threshold of each person.

If the patient exhibits disturbing behaviours, care should be taken to ensure the safety of the patient and the group.

- Work in a team to inform, motivate, support residents and organize the activity in a way that is consistent with the rest of the activities.
- Limit the group to 10 people (15 maximum), otherwise organize 2 groups because it will be difficult to interact with the group and guide the session.
- Think about the place where the session should be held, the place should be spacious and in adequacy with the mobility of people, people should be comfortably seated and the setting should be pleasant and reassuring.

CREATING MEMORIES:

The topic:

- refers to collective memory (school, farming, village, dances, music balls, gatherings...), even if it has been lived in a different way individually.
- relates to events experienced and not just known to patients so as not to cause exclusion.
- generates discussion within the group.
- promotes the expression of positive emotions. Negative emotions can also be brought up by the resident, they must be welcomed with empathy.

The resources must be:

- varied: internet links, photos, videos, audio, texts.
- in sufficient quantities, approximately the equivalent of 1.5 or 2 sessions in case some elements are not familiar enough.
- suitable for the public: large images, quality sound.
- relevant, the richness of the material is as important as its technical quality.

USING THE MEMORIES IN A WORKSHOP:



- Place people according to their sensory abilities (visually impaired in front of the screen, hearing impaired as close as possible to and facing the moderator to facilitate lip-reading) and by mutual sympathies.
- Welcome the group and allow everyone to introduce themselves.
- Remind the context and meaning of the workshop.
- Introduce the topic and inspire enthusiasm.
- Be attentive, be curious about each other's experiences.
- Promote intergenerational sharing.
- Reformulate clearly for all.
- Have an enjoyable time by promoting group dynamics.
- Be ready for the unexpected.
- Wrap up and announce the plans for the next session.
- Ensure everyone's comfort.

ESTIMATED IMPACT:

Creating interaction, building self-esteem and fostering social connection with and between residents through past memories.

The conduct of reminiscence workshops can also have global and lasting effects:

- Dynamics of the health care team
- Individualized support project
- Improved communication (quantitative and qualitative).
- Enhanced overall interpersonal relationships (between residents, with care teams, families)

M.5.3 How to extend the basic use

M.5.3.1 Further possible use

This section was developed after the initial testing and feedback on the use of Forget-me-not in practice. It contains ideas of alternative uses previously not identified by the project.

- ✓ If a major event occurs within the care institution, it can be linked to old memories: work, sports events, moving, elections... The running of a reminiscence workshop could then be considered on this theme to encourage preparation and support individuals' ability to adapt.



- ✓ Forget me not can be used as tool for preparatory work on someone's life story before creating a short film about the person (example: <http://mylifefilms.org/>).
- ✓ Some carers have been using the platform for themselves, as a way of creating their own albums. They appreciate that Forget-me-not is secure and anonymous, not controlled by profit-chasing multinational tech-giants. They feel it gives them more control over their own memories and they appreciate the multimedia format of each memory entry.

M.5.3.2 Sharing experiences and discussions

This section contains a few quotes from the people with dementia and their carers regarding their experience with the Forget me not approach as a non-drug complementary treatment of dementia:

Beneficiaries / dementia sufferers:

- ✓ *I like the idea of the digital album, although I need the support from my children and grandchildren to add memories to the platform.*
- ✓ *Overall, it brings up good feelings and memories but sometimes it can be very emotional as well, when remembering friends and family that passed away. I added my family as collaborators to help me build my memory box.*
- ✓ *We were able to relive the moment!*
- ✓ *It feels good to talk about all this.*
- ✓ *It was a pleasant moment.*
- ✓ *It brings back memories.*
- ✓ *When's the next time?*

Loved ones / informal carers

- ✓ *The platform was very easy to use and very appropriate for the audience it was made for. It was a great experience for my grandma as she had the opportunity to share some great memories of her life, which made her feel more confident as well.*
- ✓ *It's good stuff! It's great to see the big smiles.*
- ✓ *I learned a lot of things, it's surprising!*
- ✓ *Finally, we don't talk only about the disease, we find each other again.*

Professional carers / care home staff

- ✓ *I like the structure of the platform and the fact that I can contribute to different people's collections through my account. I feel a sense of fulfilment when I look at the happiness in those people's faces after looking at their memories. There are also benefits for the staff, as you get the chance to know your patient better and it promotes a more person-centred approach.*
- ✓ *There is a good atmosphere after the workshops.*
- ✓ *Residents share much more, it's nice.*
- ✓ *It is a stimulating and unifying project for the team.*

Group session facilitators

- ✓ These are very interesting occasions, we learn a lot of things!
- ✓ It is an easy-to-use and fun support tool.



✓ These workshops are highly appreciated and awaited events.

M.5.3.3 Making judgements on impact

As observed above, there is a positive impact to everyone involved in the reminiscence therapy through using the FMN platform either as an informal carer, a professional carer or as the beneficiary. Some of the key benefits offered by the platform are presented in the table below:

Impact of the Platform.

Professional Carers	Informal Carers	Dementia Sufferers (Beneficiaries)
<ul style="list-style-type: none"> • Feeling a sense of fulfillment. • Get the chance to better know your patient. • Promotes a person-centered approach. • Improve professionalism and good practices. • Use of non-drug treatment 	<ul style="list-style-type: none"> • Opportunity for intergenerational bonding. • Strengthen links within family or friends. • Encourage and improve communication with the beneficiary. 	<ul style="list-style-type: none"> • Mood improvement and wellbeing. • Stimulating the brain to remain active. • Maintains a sense of personal identity and self-esteem. • Provides a great opportunity to pass on intangible heritage, experience, history

M.5.3.4 Further reading and research

The Forget-me-not project partners have gathered some additional links to guide the learners to online materials to deepen their knowledge on different types of dementia and namely on reminiscence as a non-drug complementary treatment of dementia symptoms.

- Alzheimer’s Show is UK’s biggest yearly event bringing together a range of actors involved in dealing with Alzheimer’s disease and other forms of dementia. You could explore the list of exhibitors in the different years <https://alzheimersshow.co.uk>
- Join Dementia Research is a national service that makes it easy for anyone to take part in vital dementia research. People with dementia or memory problems, their carers and anyone who is interested can sign up. <https://www.joindementiaresearch.nihr.ac.uk/>
- You can find many useful resources on the webpage of The Salford Institute for Dementia <https://www.salford.ac.uk/salford-institute-for-dementia>
- Health and Social Care staff might be familiar with this online course on e-Learning for Healthcare <https://www.e-lfh.org.uk/programmes/dementia/>
- A video that offers a better understanding of Dementia produced by the Alzheimer's Society - <https://www.youtube.com/watch?v=fmaEql66gB0>
- A report from the Australian government addressing the benefits of using reminiscence therapy with people with dementia



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https://medicine.unimelb.edu.au/_data/assets/pdf_file/0020/2471312/Using-remembrance-with-people-with-dementia-in-acute-and-subacute-care-manual.pdf

- An innovative approach in Netherlands and France in order to support people with dementia
 - a) <https://www.businessinsider.com/inside-hogewey-dementia-village-2017-7>
 - b) <https://www.weforum.org/agenda/2018/06/france-is-building-a-village-for-people-with-alzheimers/>