



Practice the art of reminiscing

A favorite song ... an ice cream flavor ... a lingering perfume scent. We've all been transported to another time and place when an experience of the senses triggered a special memory.

Most of the time, reminiscing is spontaneous. But if you get together with an older adult regularly, whether a relative or as a Visiting Volunteer, you may want to create an opportunity to reminisce. It can bring such benefits as increasing self-worth and sense of achievement, evoking the elder's uniqueness and identity, improving communication skills, and allowing the elder to take on a teaching role by sharing their experiences.

A reminiscing session can be as simple as asking the elder questions that open the door to their past. Consider constructing questions around a theme, such as:

- Childhood songs and games
- Sundays
- Favorite foods
- Radio or music
- Home life during the war
- Summer vacations
- Pets they have owned over the years

You may even want to do a little research and put together a "reminiscence kit" consisting of photos, memorabilia, clothing - even foods from old recipes.



Little Brothers - Friends of the Elderly has provided one-on-one companionship services, advocacy and social activities for isolated and lonely older adults in the Twin Cities since 1972. A 501(c)(3) nonprofit organization, LBFE has been recognized by the Charities Review Council for meeting its 27 Accountability Standards. More information about LBFE can be found at littlebrothersmn.org.

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1845 East Lake St. | Minneapolis, MN 55407 | 612.721.6215 | littlebrothersmn.org