

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips for Using a Memory Box to Help Your Loved One with Memory Loss Reconnect with the World

Creating a “memory box” is recognized by memory care experts as a useful way of organizing items that evoke pleasant memories from your loved one’s past. A proven component of reminiscence therapy, a memory box can create happy thoughts, help your loved one to reconnect with life and generate pleasant conversations.

How a Memory Box Benefits Your Loved One

The article “[5 Reasons to Make a Memory Box for Alzheimer’s Patients](#)” lists the important benefits a memory box can offer your loved one including:

- Recalling fond memories of youth, personal interests, children and events that have special meaning.
- Inspiring conversation with caregivers, children or grandchildren.
- Spurring creativity. Your loved one may want to create another box about a different life event or memory.
- Exercising touch and other senses that your loved one will increasingly rely on as Alzheimer’s progresses.
- Providing you with more insight into your loved one and their past history. When you search for keepsakes, you may find special items you did not realize they had.

How to Create a Meaningful Box of Memories

As you create a unique box of memories for your loved one, be sure that all of the items you gather will evoke [positive memories](#). To help you get started, experts in reminiscence therapy offer the following examples:

- Family photo albums
- A letter with special sentimental value
- Artwork by children or grandchildren
- Dried flowers
- Items of favorite sports teams
- Postcards
- Vacation souvenirs
- A diploma

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Loved ones with Alzheimer’s disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment.

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Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in **Impressions Memory Care at Bryn Mawr**. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **(484) 380-5404**, or [contact us](#) online.

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