

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Memories from 'Back in the Day': Tips on How Reminiscing Helps Loved Ones with Memory Loss

Reminiscence therapy is recognized today by the **Mayo Clinic** and the **Alzheimer's Association** as a legitimate and useful form of treatment that offers tangible benefits for loved ones with Alzheimer's disease and other forms of dementia. Reminiscing is one of a variety of "holistic therapies" that are now being used extensively by leading memory care communities such as **Impressions Memory Care at Bryn Mawr** to benefit those with progressive memory loss. Reminiscing can also be practiced effectively by caregivers in the home environment.

Reminiscing Engages All Five Human Senses

- **Sight** – The sight of certain items can evoke memories from your loved one's younger days. Visual cues can also include photographs and movies from a time that is significant to the person.
- **Smell** – Aromas have the power to take a loved one to another place and time in their life. "Aromatherapy," which uses food, perfumes or commercial items from a specific era, can stimulate the brain and create emotional contact.
- **Sound** – Recordings of old songs, sounds and voices with personal and historical significance to your loved one can be powerful memory cues. According to the Alzheimer's Association, music therapy is one of the most effective ways of helping individuals reconnect with the world.
- **Taste** – Recipes, soft drinks and spices from your loved one's younger days can also be highly effective in prompting memories and self-expression.
- **Touch** – Items that engage the patient's tactile sense can include clothing, blankets, fabric swatches and fur, as well as occupation-specific items. For example, a loved one who was a teacher may respond when given a piece of chalk.

Specific Benefits of Reminiscing

The benefits of reminiscing are many and they assist loved ones with memory loss in a variety of ways including:

- Alleviating symptoms of anxiety, agitation and depression
- Reducing apathy and general lack of interest in the world around them.
- Increasing the ability to communicate. Research has shown new pathways in the brain form as a loved one remembers the past.
- Reestablishing life's meaning for a person through connection to the past and reasserting their feeling of importance.
- Increasing self-worth and sense of belonging in the world.
- Providing relief from boredom and offering a distraction from day-to-day problems.

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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.

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.

Disclaimer: *The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*