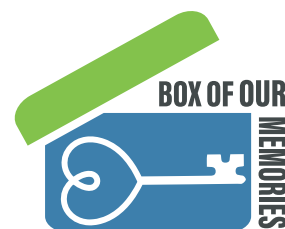


N EWSLETTER

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BOX OF OUR MEMORIES PROJECT: Adult Education Programme Caring for Memory Loss

The Erasmus+ funded project BOOM aims to improve the availability of archive and museum -based, informal adult education programs for people with dementia (PwD) and other forms of cognitive memory loss. The project will explore reminiscence therapy using online media and resources.

Reminiscence therapy is one of the most popular psychosocial interventions in dementia care. It is based on interaction and discussion either individually or in groups about past activities, events, and experiences. The method utilises a variety of supporting materials; reminiscence of past events, music, film, photographs etc, often prepared with the involvement of carers. There is broadening evidence that non-pharmaceutical interventions can alleviate the stressful effects of dementia, in particular the positive stimulus of interacting with music and digital imagery.

The project will inform carers about:

- knowledge and skills about reminiscence;
- understanding and empathy towards PwD;
- competency in using objects or other tools (including photographs, film and 3D images) to support or engage with PwD;
- taking part and leading Memory Box sessions.

Memory boxes are often used in reminiscence therapy. A memory box is a collection of meaningful objects, music

Photo by [Jason D](#) on [Unsplash](#)

BOX OF OUR MEMORIES
PROJECT

NEXT STEPS

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or images that bring back fond memories of important moments in the person's life. Contents of the memory box can be used to start a conversation and meaningful engagement. BOOM will exploit digital media and collections from archives and museums making them easily accessible.

The project will extend the necessary knowledge, skills and competencies for adult educators and educational staff working in museums and archives. It will complement the formal training of carers as well as offering tools for informal use for carers, volunteers, and family members.

A defining feature of the project is the fact that our box of memories is available digitally. In this way, we enable the involvement of regional memory institutions, because they can provide digitalized memorabilia that is tailored to local needs. This is the only way to trigger the corresponding personal memories and achieve the desired effects.

The on-line kick-off, 7th of December 2020, officially launched the project. The meeting gave an opportunity for partners to get to know each other, learn more about the respective national contexts and agree on the upcoming tasks. The partnership

focused on the first output: the BOOM Methodology Handbook, an e-book of approximately 50 pages, that will be translated into all partners' languages. Each following month the partners have met online to discuss the contents of the Handbook, and then reach a common draft. The Handbook is meant to guide informal carers, adult educators and professionals working in cultural heritage on how to work with PwD using the BOOM tools.



Next steps

During the next months, the consortium will be developing of the dedicated project app and training program content. The app will be a personalised digital memory box containing media and artefacts provided by archives and museums as well as family members aimed at stimulating memory: the app will be ready to be used directly by people with dementia, supported by family members and carers. An Open Education Resource (OER) platform will support the BOOM app with easy-to-understand instructional guides on each function and FAQs. It will be developed in a responsive format enabling it to be used on desktop/laptop and tablets.

Do you want to know more?

To learn more about the project and to get involved in our future activities please visit our website www.boxofourmemories.eu/ or follow us on the most popular social networks with [#boxofourmemories](https://twitter.com/boxofourmemories)