

PRESS RELEASE #4– MAY 2023

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## **STIMULATING THE MEMORY OF PEOPLE WITH DEMENTIA THROUGH AN APP AND THE CONTRIBUTION OF ARTISTIC AND CULTURAL HERITAGE**

**The European project BooM - The Boxes of our Memories - funded by the Erasmus+ programme, has come to an end and each project partner organised a closing event in their country to present the main results of the project.**

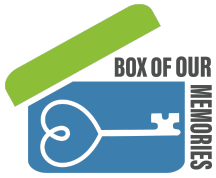
The European project BooM started in 2020 and involved a partnership composed by Italy, England, Sweden, Austria, Poland, Greece and Croatia. BooM, an acronym that stands for 'Box of our memories' has led to the development of a free app that can be used by family caregivers and professionals to create virtual memory boxes for people with dementia and conduct reminiscence therapy sessions at home. Reminiscence therapy is a form of non-pharmacological therapy for people with dementia, which consists of stimulating meaningful memories of the person's past through the presentation of photographs, films, songs, places, objects and documents. These materials can be retrieved from old drawers in one's home or from museums, archives and libraries and collected in virtual memory boxes allowing the person with dementia and their family members to relive emotionally significant moments. The partnership has also developed an handbook, a course and a toolkit to support the use of this app. These materials are available free of charge on the project website [www.boxofourmemories.eu](http://www.boxofourmemories.eu).

All materials were presented in detail at the final event held in each project partner country. In some countries the event was held in the beautiful setting of a museum and distinguished speakers were invited to present projects related to the BooM topic. The events were attended by professionals, policy makers, stakeholders, familiar caregivers and people with dementia.

### **NOTES TO EDITORS**

- To find out more about the BooM Programme and to get involved in the activities please follow the link [www.boxofourmemories.eu](http://www.boxofourmemories.eu)
- BooM is co-funded by the European Commission under the Grant Agreement: Erasmus + GA: 2020-1-PL01-KA204-081598





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