

# USING DOCUMENTS WITH PEOPLE WITH DEMENTIA

## HOW TO SELECT MEMORY DOCUMENTS?

### Step 1 Think about what kind of memories you would like evoke?

Do I want to evoke memories about childhood, family, work, leisure or significant events in the PwD's life? Consider: what are memory documents, what can be memory documents for the PwD I'm working with? Is there something the PwD keeps referring to in your conversations? Can you think of memory documents to cover this topic?

#### Useful tip

Choose documents that are significant for PwD and related to an autobiographical event/period of PwD's life because autobiographical memories tend to remain preserved despite the disease.



### Step 2 Getting started - where can I find memory documents in my region?

Start with family, friends and colleagues - nearly everyone has a small private collection of memory documents. Then look around what's offered in your region by way of online collections. If you are looking for something specific, ask around in institutions related to the topic, e.g. associations, municipal archive, companies etc. Whenever you ask, make clear that you don't want to take away the documents, but merely want to photograph them.

### Step 3 Select memory documents

Once you have chosen the topic and found some documents, how can you decide which ones are most suitable for the PwD?

Ask yourself:

Is it interesting and meaningful for the PwD's life?

Is it easily recognisable for the PwD? Consider visual contrast, resolution, not too much text, presence of visual cues that help recognition

If not, can I improve the document's graphics (e.g. by choosing only a detail, editing it, putting it in context with another document or photo?)

**visual contrast**

**resolution**

**little text**

**visual cues**

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