



## USING AUDIO & VIDEO



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### Where to find historical audio and video material

Audio and video recordings are a fantastic way of allowing people with dementia to reminisce about their life history and to allow them to recall sounds from their past – something that is important in dementia care.



### Activity

You are to arrange a Memory cinema that will help the person with dementia. Memory cinema is a project by the Danish Film Institute that offers historical films as part of socialising activities in caring of people affected by dementia.

The Memory Cinema concept has proved effective at evoking memories, as moving images of familiar places for instance, as well as familiar music, can jog the memory. In this way, films can perpetuate the past for those whose memory is failing and serve as the basis for conversation between them and their relatives.