



USING AUDIO & VIDEO



Co-funded by the
Erasmus+ Programme
of the European Union

GA:2020-1-PL01-KA204-08159

Making a Digital Memory book using audio and video

A digital memory book is a collection of photos and mementos that can help people with dementia relieve and recall memories. It can facilitate connection with and loved ones and allow them to make sense of daily life.



Points for reflection

More and more people are turning to technology to share their memories and what matters most to them. While social media is a great tool for expressing yourself, sometimes you need to create a memoir-type photo album to tell the full story.

While it's hard to replace the feeling of a physical book, a digital memory album has undeniable perks. Not only will it last forever, but you can always update it through life's many changes.