



Loving Arms
Elder Care

MEMORY JAR

A "Memory Jar" is a wonderful way to encourage clients and their families to reconnect on a deeper level. It provides a fun and easy way for families to commemorate the life of their loved ones and to remember their fondest memories. This is especially helpful for anyone suffering from lapses in memory associated with aging. The "Memory Jar" engages individuals in interpersonal communication and allows them to be creative. Families may choose not to share the memory jar until loved ones have passed away or to use it as a way for the client to feel loved through the discussion of the contents of the jar with their family.

Our geriatric clients having dementia, Alzheimer's disease, and sun-downing find this process very helpful since it helps stimulate the part of the brain that stores memories. This project can also decrease anxiety and restlessness by allowing individuals to focus on fond memories and deter from the current anxiety and confusion.

To Make A Memory Jar:

What you need:

- 2 clear glass jars with wide openings & easy to remove lids
- Markers
- Colored paper
- Ribbons and bows. Anything to "tailor" the jars to the client's personality

What to do:

- Decorate the two jars with the client. Label one jar as "Questions", the other as "Memories."
- Divide the colored paper into sections that are large enough to fold in half and fit in the jar.
- Now, here is the fun part. On each section of paper write a question. Then fold and put in the "question" jar.





MEMORY JAR ~ CONTINUED

Some ideas for questions:

"What is your favorite color?"

"What was your best memory about your wedding?"

"What was your first job?"

"What do you remember about grade school?"

"What is your favorite food?"

The possibilities are endless.

Have the client take a question out of the jar each night, write their answer on the back and put it in the "memory" jar.

Continue to add questions as the "question" jar gets low. Allow the client to guide YOU as to what questions to ask. Sometimes clients will chat about a favorite song or a wish of something they always wanted to do.

Remember these and add these as questions to the jar.