

Making Memory Aids

FAMILY CAREGIVER INSTRUCTIONS

1. Complete a Memory Aid Information Form.
2. Make a written list of all possible sentences to include in the memory aid.
3. Chose an appropriate number of written sentences or reproducible pages to include in the memory aid for yourfamily member.
4. Find family pictures that clearly illustrateeach of the sentences. Magazine pictures and other souvenirs or familiar items, such as maps, concert programs, ticket stubs, invitations, greeting cards, etc., can also be included to illustrate the pages.
5. Choose the size of memory aid that you feel is most appropriate for your family member. Memory Wallets are recommended for persons who live at home and still go on outings outside of the home; Memory Books are better for persons who are housebound or in nursing homes, and who may have trouble turning small pages. Wearable memory wallets are also valuable in the nursing home or assisted living setting.
6. Assemble supplies needed to make memory aid. Remember the scissors, glue, and a black ink pen.
7. Print sentences in black ink and large letters, or use your computer to type the words on the pages.
8. Trim and paste pictures onto relevant pages.
9. Slip book pages into clear plastic page protectors or laminate wallet pages. Using a hole-punch, make holes for each wallet page.
10. Put all book pages in 3-ring notebook and wallet pages into wallet with 1 or more rings.
11. Read the Guidelines for Having a Satisfying Conversation.
12. Share the memory aid with its new owner.