



RUMMAGE BOX & DEMENTIA

**Home
Instead**
SENIOR CARE[®]

To us, it's personalSM

People with dementia can often remember the distant past more easily than recent events. The rummage box is a means of tapping into memories from the past and helps people with dementia feel empowered and secure in familiarity. It is about reminiscence.

When a person has dementia they begin to lose their short term memory and memories. They can forget about things that have happened in the last few days, months or years. They may even have forgotten what occurred earlier in the day.

However, people with dementia can retain their long term memories and find comfort in discussing things from their past. Particularly things they enjoyed like past interests, hobbies or even their past employment.

The rummage box can be used as an activity, as a distraction, and therapeutically as a reminiscence tool. The rummage box can be made of a shoe box, a biscuit tin, a drawer, press or even a room.



