

Criteria

- Individual with a diagnosis of dementia
- Client of the ASNR Family Support Program
- An interest in documenting your life story
- Ability to communicate your life story independently or with mild cueing from a family member or volunteer
- Able to commit to 1 session a week for 6 weeks, plus 1 week of editing and 1 week to receive the final book
- Transportation is available for those who meet eligibility criteria

Care Partners

Care partners are welcome to stay during the program, however please be aware the purpose of the program is for the individual with dementia to participate independently.

Contact

For more information please contact:

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Scent Free Zone: Please do not wear perfume, cologne, aftershave, or any other fragrances.



Recollections { A Life Stories Program }

“ Write in Recollection and amazement for yourself ”

~ Jack Kerouac

Alzheimer Society
NIAGARA REGION

Purpose

The purpose of the Recollections Program is to assist an individual with memory loss to create a lasting legacy in the form of a Life Story book.

Process

The program runs once a week for 6 weeks. There is a one week break, and then participants are invited back on the 8th week to pick up their book.

Each participant will be matched with a trained volunteer. During each 1 hour session, the participant and volunteer will work together to complete one topic for the Life Story book.

Sessions are scheduled during office hours at a time that is convenient to both the participant and the volunteer.

At the end of the program, participants will receive one printed copy of their life book & an electronic copy to allow participants to print additional books.

Benefits

- Increases positive feelings of self-worth and self-esteem
- Enhances and preserves self-identity
- Creates a lasting legacy for future generations
- Offers a positive way to occupy time
- Helps maintain long-term memory
- Helps maintain communication skills
- Helps loved ones and care providers better understand the individual and their history



Schedule/Topics

Session 1-6: Pick 6 topics from the list below:

- Early Years / Home Life
- Significant Other(s)
- Children/Grandchildren
- Friends
- Work/Volunteer Experience
- Travel
- Hobbies/Interests
- Other (topic of your choice)

Session 7: Editing your book (volunteers only)

Session 8: Receive your printed book