

## Memory Box

**Code:** FS-MB

**Price:** £33.95 - £45.60 incl. VAT You Save 19%

**Date:** 28/03/2020

**VAT Relief Eligible:** Yes

**Delivery:** £3.95 incl. VAT per order



A **Memory Box** can be an effective way of stimulating enjoyable memories for anyone with dementia or cognitive loss.

- Attractive wooden frame with perspex front
- Available in a choice of 3 colours
- Wall-mountable, allowing prominent placement in a room
- Perspex cover slides out, for quick access to objects
- The best-selling version of our Memory Box is the **300 x 400mm in Oak**

### The benefits

A well-developed memory box (*also called a Reminiscence Box or Rummage Box*) can be a focal point in a person's house/bedroom, becoming an easily accessible activity for when the individual wants a trip down memory lane.

A memory box for dementia can also be effective at combating bad moods, or for when an individual is feeling agitated, restless, or upset. Other uses include:

- As a communication tool, serving as conversation ideas for visitors or carers
- Can help new carers become familiar with the life-history of the person with dementia
- Useful to connect generations by providing talking points & links to the past

### Things to remember

When creating Memory Boxes for Dementia use, keep the following tips in mind:

- Try to include items that use a variety of senses, items to read, touch, and smell
- Variety is key; to try include objects from different areas of the person's life and different periods
- Build the memory box over time, filling the box immediately can cause confusion

The person with dementia should be as involved as possible with adding items to their memory box; if this is difficult due to their condition you can always bring objects to them one at a time, and gauge by their reaction whether to include the item in their memory box permanently.

### Items to include in a memory box

The most important factor to consider when adding items to Memory Boxes for dementia use is to ensure that the object **actually** stimulates memories for the person with dementia.

An old button that reminds the person of their school blazer & happy teenage years would be a good idea for the memory box, in comparison to an old photograph that no longer triggers recognition, as unfortunate as it may be.

Here are some examples of items that can be included:

- A favourite book
- Photos of family, friends, and important life events that trigger memories
- An enjoyable smell, such as perfume
- Souvenirs, tickets (an old football season ticket, for example), memorabilia, etc
- Items that reminds them of their most enjoyable job/vocation
- Objects that have enjoyable/funny stories associated with them

An important part of a memory box can also be a short summary sheet, this should list all of the items included in the memory box, and the reasons why they were added.

A Summary Sheet can be especially useful in care homes, where there may not always be a family member available who knows the complete history behind all of the items.

Try not to include

- Items that are expensive
- Objects that are heavy, sharp, or otherwise potentially dangerous
- If the memory box is for a care-home bedroom, try not to include any objects that could be choking hazards, such as small buttons or badges

Different sized memory boxes





Our Memory Boxes are medium sized display cabinets that are perfectly suited for a collection of smaller items. However, they are not suitable memory boxes for large or heavy items.

Please note; no objects/items are included in addition to your memory box, the image used above is for illustration only

## Additional Images



## Options Available

IMAGE	SKU	OPTIONS	PRICE (INCL. VAT)	PRICE (VAT RELIEF)
	FS-MB-OA3	<b>Size Colour :</b> 300 x 300mm/Oak	£33.95	£28.29
	FS-MB-BE3	<b>Size Colour :</b> 300 x 300mm/Beech	£33.95	£28.29
	FS-MB-OA	<b>Size Colour :</b> 300 x 400mm/Oak	£34.99	£29.16
	FS-MB-BE	<b>Size Colour :</b> 300 x 400mm/Beech	£34.99	£29.16



FS-MB-OA4

**Size Colour :**  
400 x 400mm/Oak

£45.60

£38.00

FS-MB-BE4

**Size Colour :**  
400 x 400mm/Beech

£45.60

£38.00

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## How to Order

Orders can be placed securely online at [AlzProducts.co.uk](http://AlzProducts.co.uk) - or over the phone with our UK sales team.

Call 024 7642 2224 to place your order or for further information. This product's order code is FS-MB.