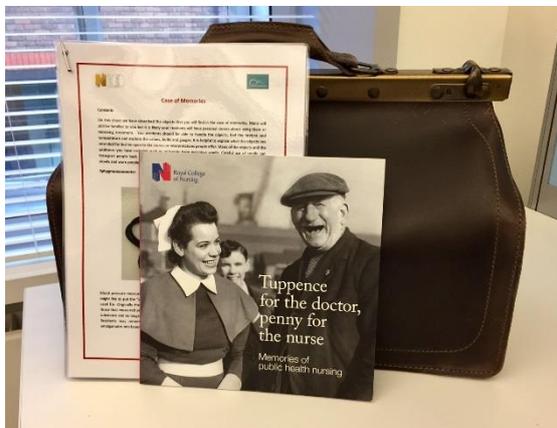


## Case of Memories

The Royal College of Nursing Dementia SPACE principles project revealed there are a large number of care home residents who had a nursing background or were in receipt of nursing care during the 1950's and 1960's . This district nurse case is based on one from that time and contains replicas of the items used at the time.

We have designed this case of memories to be used as part of facilitated reminiscence with your residents and those who are important to them.



'Reminiscence' means sharing life experiences, memories and stories from the past. As a person living with dementia is more able to recall things from many years ago than recent memories and reminiscence draws on this strength. Reminiscence can give people living with dementia a sense of competence and confidence through using a skill they still have.

When a person shares something about their past and another person shows interest or enjoyment, it is a wonderful opportunity for that person to feel that they are the one who is giving something to another human being, rather than always being the one who is receiving or listening.

Talking about the past can also bring up happy memories and good feelings, and this can be wonderful in itself, but particularly if a person is finding life difficult. It is also the case that reminiscence can sometimes provoke painful memories. Whilst emotional reactions are not necessarily a bad thing we need to be alert to this possibility and respond appropriately.

## Contents

Inside the case you will find:

- A guided facilitation sheet including a list of contents and their purpose
- Nursing stories
- An evaluation form

## Additions to the Case of memories

We would like to suggest you add the following additions to ensure a multisensory experience for your residents:

- Cotton wool
- Antiseptic liquid or cream
- Surgical Spirit
- Olive oil
- Crepe bandage
- Friars Balsam or Eucalyptus

We hope your residents and staff will find this resource useful and enjoyable.

## A 'Case of Memories' is available to loan from your nearest RCN Library:

The Royal College of Nursing Library and Heritage Centre  
RCN Headquarters  
20 Cavendish Square  
London  
W1G 0RN  
Phone: [0345 337 3368](tel:03453373368)  
Email: [rcn.library@rcn.org.uk](mailto:rcn.library@rcn.org.uk)

RCN Northern Ireland Library and Information Zone  
17 Windsor Avenue  
Belfast  
BT9 6EE  
Phone: [028 9038 4612](tel:02890384612)  
Email: [belfast.library@rcn.org.uk](mailto:belfast.library@rcn.org.uk)

RCN Scotland Learning Hub  
42 South Oswald Road  
Edinburgh  
EH9 2HH  
Phone: [0131 662 6163/4](tel:013166261634)  
Email: [scotland.library@rcn.org.uk](mailto:scotland.library@rcn.org.uk)

RCN Wales Library and Information Service  
Ty Maeth  
King George V Drive East  
Cardiff  
CF14 4XZ  
Phone: [029 2068 0734](tel:02920680734)  
Email: [wales.library@rcn.org.uk](mailto:wales.library@rcn.org.uk)