

## Managing Memory Loss Using Pictures and Photographs

In the early days, the pattern of memory loss for a person with dementia is characteristic; memory of recent events is impaired whilst memory of distant events is intact; they may be able to recount in great detail things that happened in their youth but can't remember what they had for their breakfast.

Because of this, losing things becomes very common as well as using things wrongly. For example, someone might go to the fridge to answer the phone or use a teabag in the washing machine. The person with dementia may realise that this is 'not quite right' and become distressed or embarrassed.

Labelling things around the house in an easy-to-read way is really useful. Having the contents of cupboards pictured or labelled on the doors helps to prevent confusion. Also use a white board to note down key contact numbers, daily events and activities and appointments.

Attaching names to photographs has been found very valuable and if a person's memory deteriorates to the point where the adults in the pictures are not recognised try replacing them with photos from when they were children. Also, if a person with memory loss starts asking when their late mother, father or siblings are going to visit make sure that their photographs are displayed and named.

Photographs rekindle memories and we know that talking about memories, particularly those that are meaningful, helps to preserve the identity of people living with dementia. They also feel safe and more content when they are able to maintain their sense of self.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

