

Older Peoples Time of Your Life Project Toolkit

Project Outline

This reminiscence project must be tailored to your community with the principle aim of providing a safe and secure environment for older people to identify a time in their life where they felt happy, fulfilled and empowered. This could relate to anything from the area they grew up in, an experience they had or somewhere they worked.

The role of the Community Association is to facilitate sessions using tools and techniques to identify the older persons “Time of their life” and to document this using an appropriate method. For example each participant could be supported to create their own scrapbook using photos, letters, postcards and written memory statements. There are a few organisations who specialise in reminiscence work with older and vulnerable people such as Age Exchange and the SEARCH Museum in Gosport, their website address are listed further through the toolkit. A fantastic tool to support you to run the time of your life project are reminiscence boxes which can be loaned from Andover Museum. Visits could also be organised to support the process and inspire potential projects to follow on from this.

Aim

To hold a series of sessions, providing a safe and secure environment to enable older people to identify a time in their life where they felt happy, fulfilled and empowered.

Objectives

- To develop and plan a series of sessions to meet the project aim ensuring all resources required are available.
- To identify partners to support the development of the project.
- To appropriately advertise the sessions to the target audience.
- To adapt different methods to support the older person to identify the time of their life depending on their need.
- To support the older person to decide how best to document the time of their life and help them to identify what they would like out of the experience
- To identify any further activity i.e. Day trips and outings.
- To sufficiently monitor and evaluate the sessions and project as a whole and to identify future activities / project needs.

Background Information (Courtesy of Age Exchange Ltd)

What is reminiscence and reminiscence work?

Reminiscence is the recollection of a persons life experiences. It can be achieved through participation in social, educational and creative activities adapted to suit the community you are working with.

Older Peoples Time of Your Life Project Toolkit

Benefits of reminiscence work:

- It connects with the past and the present.
- It brings people and communities together.
- It helps us to see the other persons point of view.
- It passes on heritage between different generations.
- It is a gift we can all give and receive.
- It gives us a strong sense of who we are.
- It helps us look back and reflect on life.
- It helps us recognise people as individuals.
- We can learn from other peoples experiences.

Useful Websites

Age Exchange – www.age-exchange.org.uk/

The European Reminiscence Network - www.europeanreminiscencenetwork.org/

SEARCH Museum, Gosport

www3.hants.gov.uk/museum/museum-search/reminiscence-at-search.htm

Hampshire Records Office - www3.hants.gov.uk/archives

For specific support with project planning please visit the Community Support Team website –

<http://www3.hants.gov.uk/community-support-service/how-to-do/project-planning.htm>