

# What are Memory Books?



Dr. Michelle Bourgeois created memory books to enhance communication with people living with dementia. Memory books can be conversation starters, act as memory cues, be used in storytelling together, and if the person ever becomes unable to speak, the care partner can tell the stories of the Memory Book to the person with dementia.

Memory Books are simple but meaningful, for example:

- One phrase or sentence and one picture on each page to tell the person's life story or significant life events.
- Books can be topic-related, such as favorite family vacation or information about a hobby.
- White paper with large-print black lettering.
- A meaningful photo the person will recognize on the cover.



At Residential Plaza's Memory Care Program, we strive to have every resident have a Memory Book available.

Ask your assigned Case Manager about your loved one's Memory Book. We have created templates for memory books that families can complete and email back to us, or we can help you put it

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# How to use a Memory Book?



Use the book to hold a conversation, not to quiz. Provide a prompt to encourage the person to read the book's page or add more to the conversation.

- DO say, "What a lovely house you grew up in. I've been to Lancaster before."  
DON'T say, "Where did you grow up? Do you remember that house?"
- DO say, "I love dogs. That dog is the cutest I have ever seen. "  
DON'T say, "Whose dog is that? What is the dog's name?"



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