



... overcoming loneliness

IO4: Digital Tool on Preventing Loneliness



Digital Diagnostic Tool on Preventing Loneliness

SHARING MEMORIES

DIGITAL TOOL FOR REMINISCENCE GUIDANCE

JUSTIFICATION

- “In all six articles, the reminiscence therapy or life review intervention was found to be effective in the treatment of depressive symptoms in older adults.”
Zuiderveen, A.; Ivey, C.; Dordan, S.; Leiras, C. (2016): Encouraging Occupation: A Systematic Review of the Use of Life Review and Reminiscence Therapy for the Treatment of Depressive Symptoms in Older Adults <http://dx.doi.org/10.1080/0164212X.2016.1145090>
- “Results indicated that group reminiscence therapy is an effective treatment for depression in older adults.”
Elias, S.M.S.; Niville, C. (2015): The effectiveness of group reminiscence therapy for loneliness, anxiety and depression in older adults in long-term care: A systematic review. <http://dx.doi.org/10.1016/j.gerinurse.2015.05.004>
- “ use of simple home-based technology that incorporated reminiscence therapy provided by healthcare professionals in the form of simulated presence was effective in treating BPSD (Behavioral and Psychological symptoms of dementia)”
Lim, S.H.; Ong, X.L. (2018): Home based technology in Dementia care: Use of Reminiscence Therapy in Simulated Prexence Therapy Program

UNDERLYING APPROACHES

- **Reminiscence Therapy & Life Review Therapy**

- ◆ Erik H. Erikson (1959): Identity and the life cycle (8th stage: ego integrity vs despair)
- ◆ Robert N. Butler (1963): The life review: An interpretation of Reminiscence in the Aged.
- ◆ **Reminiscence:** process of recollecting personal memories, describing a memory itself
- ◆ **Life review:** also involves the evaluation of negative past experiences and conflicts, discussing, what a memory means to you

◆ **Reminiscence Guidance involves the prompting and recalling of memories and experiences from the past, and then the expression and sharing of the reminiscence.**

- Reminiscence guidance is intended to empower older adults to overcome loneliness and to find hope, value, and meaning in their lives.
- Caregivers benefit from improved knowledge of the patients, foster bond between professionals and patients and from a reduction in stress.
- ➔ Rare side effects: some individuals use the time to nurse their bitterness over disappointments,
- ➔ Restriction: elderly with severe psychological diagnosis or advanced dementia cannot participate

FUNCTIONS

- **social:** fosters bonding between people, teach and inform others about past experience
- **instrumental:** recollecting earlier coping strategies may help to deal with current problems, symbolic bonds with people who passed away, thinking back of positive memories may help to regulate emotions in the present
- **integrative:** reflecting on the past may help to continue or to flexibly adjust one's identity.
- RFS (Reminiscence Functions Scale): death preparation, identity, problem solving, teach/inform, conversation, boredom reduction, bitterness revival, intimacy maintenance

◆ Westerhof, G.J.; Bohlmeijer, E.T. (2014): Celebrating fifty years of research and applications in reminiscence and life review: State of the art and new directions <http://dx.doi.org/10.1016/j.jaging.2014.02.003>



SHARING MEMORIES

DIGITAL TOOL FOR REMINISCENCE GUIDANCE

4 stages process

4 STAGES OF REMINISCENCE GUIDANCE

1.) ONBOARDING AND PLANNING STAGE

- Caregiver informs patient about the aims of the guidance, introduces the process and explains the main rules
(setting warm, friendly tone, active listening, no rush, no force, connecting to positive emotions)
- caregiver identifies themes of interest with the patient that creates positive emotions (pictures, short videos, music)

Suggested topics

Favorite ...
... places
... music
... food

First ...
... toy
... day at school
... job

4 STAGES OF REMINISCENCE GUIDANCE

2.) ELICIT MEMORIES by using digital PROPS PLANNING STAGE

- Caregiver shares screen and searches for fitting photos, videos, music

Digital Reminiscence Resources: (caregivers should have the possibility to add own resources)

- **Favorite places: Google Street View** [Google Maps](#)
- **Favorite music: Youtube** [YouTube](#)
- **Favorite food: Pinterest** <https://www.pinterest.at/search/>
- **First toy** [\(5\) Pinterest](#)
- **First day at school, first job ...**
additional: [\(pixabay.com\)](#), [ANNO – Austrian Newspaper Online](#)
[Plan59 > 1950s Art \(5\) Pinterest](#)

4 STAGES OF REMINISCENCE GUIDANCE

3.) EXPRESSION AND SHARING OF MEMORIES

- Caregiver supports communication with active listening, establishing trust and rapport, giving the choice about which memories to share or not to share.
- When patients decide to share difficult memory, caregivers have a responsibility to ensure that hurtful feelings are properly listened to and supported with genuine empathy.

4 STAGES OF REMINISCENCE GUIDANCE

4.) CLOSING STAGE

- Patient has to complete his story satisfactorily! (sense of incompleteness is dissatisfying)
- Caregiver should thank for the contribution of the patient by accurately repeating some of the memories shared.
- Caregiver and patient reflect on the positive outcomes and feelings that have been achieved, motivate to move on to new projects (sharing memories) and activities.
- Caregiver should make some notes and evaluate the session shortly

PRACTICAL GUIDANCE

◆ This type of exercise can take place casually, one-on-one or in more formal group-settings. A facilitator usually has topics or stories in mind. For example, an art museum might theme a reminiscence session around a certain historical event. Such as, the moon landing or a childhood pastime like sporting events. Then, they will use props like photos, paintings, videos, objects, music, or audio recordings to spark memories and start conversations. What does someone think about when they smell popcorn and hear the crack of a baseball hitting a bat? What memories are conjured by watching footage of Neil Armstrong bouncing on the moon?

- Find a low-stimulation environment that is relatively quiet with few distractions.
- Actively listen and be present.
- Use props as outlined above.
- Don't rush. Let them take their time answering questions or trying to remember.
- Don't force it. If a memory isn't coming, accept it and move on. You don't want to make them feel bad or frustrated. If they're not feeling up for reminiscing anymore, happily suggest something else.
- Pacing. Follow the client's lead. Titrating in and out of memories. Go slow. Build trust.
- childhood toys, food, music, items used in the past
The themes focus on important „firsts“, such as first toy, first day at school, first job, first

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PROGRAMM

Erasmus+ KA2 Strategic Partnerships

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DURATION

34 months

COORDINATING ORGANIZATION

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Digi-Ageing

overcoming loneliness

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DIGITAL REMINISCENCE TOOLS

◆ **Google Street View**

◆ **Pinterest** ([\(5\) Pinterest](#))

◆ **The National Archives** [National Archives](#) | [ANNO - AustriaN Newspapers Online](#) | [ANNO - AustriaN Newspapers Online \(onb.ac.at\)](#)

◆ **Old Radio Programs** www.youtube.com

◆ **Fotos:** [Plan59 > 1950s Art > The Retro Graphics Archive \(pixabay.com\)](#)