

TALKING PHOTO ALBUM

Talking Photo Albums can be used to support and create an environment to improve the daily life of those with dementia. They can contribute to the life, leisure and feelings of security and well-being. The Albums can also enhance the communication and routine in a Care Home setting.

A person's life story provides a background for conversation and can also offer comfort in moments of insecurity. Having memory charts, signs, routines and photographs are all common practice but adding the spoken word adds significant value to the atmosphere and practice in the Care Home. Talking Photo Albums can be used independently, with a carer, with visitors, or for reinforcement and repetition. The list below represents a selection of possible uses.

Memory Book

Family and Friends
Weddings
Parties and events
Family Holidays
Pets
Places they have lived – Signs and Sounds
Working career
Favourite pop band / artist
Favourite films
Historic events like WW2



Create a life story

Life timeline, Birth to now
Homes, Schools, College, Workplaces, Sports, Hobbies, Clubs, Events

Remembering events, hobbies and interests

Ballroom dancing
Singing and music
Football team – *“you’re never walk alone”*
Sport book / sporting hero
Boat trips and cruises
Bird watching
Gardening
Walking trips around the coast
Train spotting

Pictures of carers

Staff introducing themselves
Friends within the home
Visitors



Routines and Instructions

Meal times – pictures of food they like
Medication Management
How to get dressed
Who visits them and on what day
Bedtime routines
Directions to and from the local shops
Emergency Contacts
Talking Phone book
Favourite TV programmes

