



## **What is Reminiscence?**

Reminiscence is a natural form of storytelling and a way of sharing our experiences with others. As we get older the importance of reminiscence grows as the need to find a shared experience and connection with the people around us strengthens. This is especially prominent for individuals growing older in countries far from home, reminiscence helps them to remember the places and people they have left behind and the changes they have witnessed.

Reminiscence is a valuable way of recording the past and exploring local history, using the experience of individuals as time witnesses to document events and moments in time. It is also a fantastic reciprocal tool to bring generations together; giving older people the opportunity to share their first hand experiences and younger people an opportunity to engage directly with the recent past.

## **Why use reminiscence?**

- It promotes well being and builds self esteem by giving value to older community members and their experiences
- It helps to record the recent past and
- It allows participants to understand more about society today and what has gone before
- It brings communities together
- It promotes listening and communication skills
- Material gathered from Reminiscence work can be used as a starting point for creative engagement – in any discipline – writing, drama, music, art, textile, design, photography, film.... The possibilities are endless!