

Create A Digital Journal or Diary

Why: Aids in memory recall, creates a living record of days to share or enjoy. Record for other caregivers and family to share experiences. Recording moments of joy builds memory, Creative, can grow and change as needed. Visual. Make as informative as needed. Add and change. Some elders may enjoy Facebook, but the format can be a bit chaotic for some. This is more personal.

How: Find an online template or create your own. Family members can also share and add to the journal. Take photos with phone, or digital camera and download. Create together. Ask questions—create language and dialogue. *Great project for kids to do with grandparents.*

What: Add scrip, pictures, news items that happened that made an impact. Make pages that show interests and hobbies. Find products, news items, movies from years past to help reminisce..

This was done with Microsoft Publisher.

Example pages from a journal— Great for memory building

May 10, 2016

Had blueberries on my oatmeal.

Went for a walk around the block before lunch.

Watched Singin' in the Rain with Gene Kelly and Debbie Reynolds. I love this movie.



In the afternoon I napped and worked outside.
The geraniums are coming up.



Great on an ipad or to print and make an album.

Advertisements from the 1930's-



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		HEADLAMP	SAFETY

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Movies Irene Loves

