

Outline of the Workshop

1. Welcome

- a. Introductions. The presenter introduces themselves, their partners, their organization, and why they are having this workshop.
- b. Point out folders of additional resources and notepads.
- c. The presenter invites participants, if they are comfortable, to share their names, why they chose to attend, and what they hope to gain from the workshop.
- d. Encourage everyone to ask questions and share ideas freely throughout the workshop.

2. Overview of memory kits

- a. What are memory kits?
- b. Where are preassembled kits available?
 - i. Talk briefly about library kits and the increasing availability around Maine.
- c. Some of the things memory kits are used for (Often items in memory kits can fulfill more than one of the following purposes. Talk briefly about each)
 - i. Sensory stimulation
 1. Touch
 2. Smell
 3. Sound
 4. Sight
 - ii. Reminiscence
 - iii. Conversation prompts
 - iv. Activities
 - v. Skill-based tasks
- d. Why build your own memory kit?
 - i. Personalization- more meaningful themes and items.
 - ii. Bonding activity with loved ones
 - iii. Mental stimulation

3. Fidget Toys (Touch)

- a. Draw everyone's attention to the hard fidget toy and mini stuffed animal at each seat.
- b. Encourage everyone to touch, hold, or play with these toys as needed or wanted throughout the workshop, and to take them home with them as part of their kit.
- c. Talk briefly about fidget toys, fidget blankets, and the benefits of having something to hold.

- d. Mention that people will find different toys and textures useful based on preference and mood.
- 4. Conversation Prompts
 - a. Discuss the importance of conversation and connection.
 - b. Talk about how each activity we do can be used on its own or to stimulate conversations.
 - c. Introduce prompt cards briefly.
 - i. How are they used in the kits?
 - ii. How can they be personalized?
 - d. Mention that writing prompts yourself or with your loved ones is more personal and meaningful.
 - e. Prompt cards can be discussed throughout. Examples can be given during each activity.
- 5. Scent Canisters (Smell, Reminiscence, Conversation Prompt)
 - a. Pass around scented wax or spice jars.
 - i. Ask what people smell, how it makes them feel, or if any memories surface.
 - b. Demonstrate how to do similar things with spice jars and pick which scents are meaningful. Give examples.
- 6. Button Bottles (Sound, Sight, Touch, Activity, Conversation Prompt, Reminiscence)
 - a. Introduce button bottles.
 - b. Pass around an example.
 - c. Discuss how the example engages three senses and can be used as an activity, conversation prompt, and reminiscence tool.
 - d. Bring out supplies to make the bottles.
 - e. Organizers can move through the room assisting where necessary (allow plenty of time for this)
- 7. Photo Album (Sight, Reminiscence, Conversation Prompt)
 - i. Discuss why having a small photo album in the kit might be beneficial.
 - ii. Talk about ways it can fit and continue the kit's theme.
 - iii. Show how the flip side of photo sleeves can be used for information or conversation prompts.
- 8. Sound (if time allows)
 - i. Talk about the benefits of music. Discuss ways that music can be included in a memory kit. Encourage people to share their ideas.

9. Activities

- a. Discuss the benefits of including other types of items in memory kits.
- b. Give examples for the following list. Make available a resource list that includes where these things can be borrowed or purchased.
 - i. Games
 - ii. Books
 - iii. Movies or videos

10. Wrap-Up

- a. Ask if anyone has final questions or thoughts.
- b. Thank everyone for attending. Encourage them to reach out with further questions, and feedback, or to share information about memory kits they make in the future.
- c. Give everyone tote bags with memory kit supplies inside.
- d. Help attendees to pack up their supplies and resources.