

The Value of Reminiscence

For the Giver and Recipient

Reminiscence is a way of reliving, re-experiencing or savoring events of the past that are personally significant.

It helps an older person to:

- Maintain self-esteem and reinforce a sense of identity
- Feel valued
- Relive achievement and pleasure
- Cope with stresses related to the aging process
- Gain status by revealing selected elements of his/her life history
- Place both positive and negative aspects of the past in perspective
- Deal with emotions
- Establish a common ground for communication

It helps the open and interested recipient to:

- Gain knowledge and understanding about the person and the period in which he/she has lived
- Build a bridge between the past and present
- Establish a mutually satisfying relationship through the sharing of information and experiences
- Have the history become a therapeutic tool in building programs for groups
- Learn a context for gaining clues about the person's behavior in the present
- Utilize the giver's past experiences as a resource for others