

How to Preserve Family Memories

Capturing and preserving memories for a family member with [Alzheimer's disease or other dementias](#) can happen in a number of ways. Suggestions from the [Home Instead Senior Care®](#) network for generating precious memories with a senior loved one include:

1. Do involve other family members; don't put the person with Alzheimer's on the spot.
2. Do look at photographs together; don't expect the person to recognize everything.
3. Do share your own thoughts as they relate to the memories your loved one shares; don't monopolize the conversation.
4. Do ask specific, personal questions; don't interrogate.
5. Do [ask good questions](#) and record the discussion; don't expect a five-hour session.
6. Do focus on general memories and emotions; don't focus on exact facts and details.
7. Do concentrate on what the person *can* and *wants* to remember; don't push for details that frustrate them.
8. Do carefully and tactfully change the subject if the senior brings up hurtful memories; don't insist on your way.
9. Do pay attention to the person's limitations; don't assign blame if they can't remember.
10. Do resist the urge to correct inaccuracies; don't ridicule.

Give older adults with Alzheimer's disease or other dementias the opportunity to [share cherished memories](#) with the ones they love.