

Dementia Worksheets: Memory Recall

Take your time to complete the following exercises. Look at the pictures and prompts, and write down your thoughts and memories. Feel free to ask for assistance if needed.

1. Picture Recall: Look at each picture and try to remember any related memories. Write down any details that come to mind.

Family gathering - Memories or people associated

Childhood home - Memories or specific moments

Favorite hobby or activity - Memories or experiences

2. Word Association: Look at each word and write down any memories or thoughts that it brings to mind.

Sunshine - Memories or feelings associated

Friendship - Special moments or people

Laughter - Any funny or joyful memories

3. Personal History: Complete the sentences with details from your life.

My favorite childhood memory is

A place I loved to visit when I was younger was

My proudest accomplishment in life so far is

4. Reflective Thoughts: Take a moment to reflect on the memories you've written down. How do they make you feel? Is there a particular memory that stands out to you today?

Reflective thoughts on memories