Memories through old photos

Objective:
The aim of this activity is to give elderly the opportunity to relive memories, feel a connection to their past and promote conversations about their life stories and experiences.

Description of how to do the activity:

Preparation:
- Collect photos: Ask participants to bring old photographs from their life. These can be pictures from childhood, weddings, holidays or other significant moments.
- This can also be done with various old photos available online (e.g. Pixabay or Unsplash).
- Create a comfortable environment: Organize a quiet and comfortable place where participants can sit and look at the photos.

Implementation:
- **Sharing memories:** ask each participant to choose a photo and share with the others what the picture shows and what memories it evokes.
- **Conversation:** After each participant's presentation, encourage conversations and questions about the photo and the events described. This creates an opportunity for participants to share their life stories and experiences.
- **Explore together:** If any of the participants have difficulty seeing the photos or if they are digital, use a projector or screen to display the photos so that everyone can see them clearly.

What is needed to carry out the activity:

- Old photos that participants bring with them or old photos printed out.
- A comfortable place for participants to sit and look at the photos.
- Any technical equipment if the photos are digital.

Time required:

The duration of the activity can vary depending on the number of participants and the number of photos to be discussed. Plan for an activity that can be as short as 30 minutes or longer depending on the interest of the participants. Recommended time is 30-60 minutes.

Alone or in group:
The activity is suitable for a group. It can be adapted for different sizes of participant groups.

Free pictures to use with the elderly:

https://www.gettyimages.fi/photos/1940
https://pixabay.com/sv/images/search/vintage%201950s/
https://unsplash.com/s/photos/1960s