



# Reminiscence Therapy



Reminisce the past with elderly beneficiaries or those with dementia through outings to heritage places, sharing of music, historical events and traditional foods.

## Volunteering Opportunities

Suitable for Groups

PROGRAMME	SCOPE	MWS CENTRE	NOTES
<b>Group Outings</b>	Organise group outings for residents	MWS Bethany Nursing Home – Choa Chu Kang	An average of 20 residents per group outings. 1 volunteer to 1 resident required. Transport for residents on wheelchair will be required <b>Frequency: Weekly, Monthly, Quarterly</b>
		MWS Nursing Home – Yew Tee	<b>Frequency: Monthly, Quarterly, Annually</b>
	Organise group outings for patients	MWS Home Hospice	<b>Frequency: Half-yearly</b>
<b>Movie Screening</b>	Screen movies on themes that are relevant to seniors	MWS Senior Activity Centres MWS Charis ACE – Geylang East	<b>Frequency: Ad-hoc</b>
		MWS Nursing Home – Yew Tee	<b>Frequency: Monthly</b>
<b>Reminiscence Therapy</b>	Discuss past activities, events and experiences with seniors using prompts such as photographs, nostalgic music and items	MWS Senior Activity Centres	<b>Frequency: Ad-hoc</b>
<b>Skit Performances</b>	Perform a skit containing relevant themes and languages e.g. Dialects	MWS Bethany Nursing Home – Choa Chu Kang	<b>Frequency: Weekly, Monthly, Quarterly</b>