

Silver Notes: Images to Support Silver Memories

Reminiscence Therapy evokes reflections on past activities, events and experiences to stimulate mental activity and improve well-being. It can include the use of age appropriate music and supportive photographs to enhance participants' senses.

Silver Notes enhances Silver Memories effectiveness as an evidence-based Music Reminiscence Therapy by transmitting still images of 1940s - 1970s performers, movie stars and evocative local and national images through Resident's Television sets.

Silver Notes is a complimentary resource provided with the installation of Silver Memories.

Silver Notes consists of several Collections designed to stimulate listeners' recall of cherished memories from throughout their lives:

The **Silver Memories Collection** has pictures of 1940s -1960s music and film stars and major Musicals. Most Silver Memories' listeners can immediately recognize many of these stars, stimulating much discussion.



The **Reminiscence Collection** – evocative images of 1940s - 1970s social life. Pictures of houses, kitchens, household appliances, product advertisements, cars, prams and more. Listeners often notice small details in these pictures which creates energised conversations.

The **Australian Iconic Images** Collection contains pictures of major landmarks and public buildings around Australia which are sure to evoke many happy memories of family holidays and road trips from throughout listeners' lives.





The **Regional Collection** has more intimate images of residents' towns and regions, which stimulates memories of happy times and family outings at local beaches and parks. Numerous pictures of local buildings evoke memories of the places where they raised families and lived their busy lives.

The **Cute and Cuddly Collection** – photos of animals that will bring joy and a sense of calm to residents. Residents relax as they view such gorgeous animal images, and staff enjoy these too.



The **Down on the Farm Collection** – residents from the land will be reminisce about those days, but these images will appeal to all.

Customer Self-Curating Collections - Customers can add 2 Collections to **Silver Notes** on a **self-curating** basis.

- **Local History Collection:** Customers can reach out to Local History organisations or individuals to add appropriate images of local social life within your resident's living memories to the **Silver Notes** file.
- **Customer Site Collection:** Customers can add pictures of their physical site, gardens, resident activities, special events to the **Silver Notes** file.

If customers wish to add these Collections to their edition of **Silver Notes**, Silver Memories is happy to provide technical details and support for this process.

If you would like to find out about installing Silver Memories and Silver Notes in an Aged Care Facility, contact Dene Rowling on 0429 787 201 or dene.rowling@4mbs.com.au