



Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

Reminiscence groups for residential aged care facilities

We all have stories to tell and share.

In reminiscence groups, we look at images and objects, watch films, listen to music and do storytelling activities. We share life experiences; early years, school, war years, holidays, careers and family life.

Reminiscing can

- Bring you closer with others
- Remind you of your resourcefulness and the depth of your experiences
- Improve emotional wellbeing, lift moods, decrease stress and reduce depressive feelings.

If you're interested in attending reminiscence groups, contact staff at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

1800 000 739 (1800 000 SEW) | MHRACF@rasa.org.au

www.rasa.org.au/services/adult-health-wellbeing/sew