

7 Reasons Why Reminiscing Can Benefit Seniors

by Ruby Cemental



Reminiscing can have many positive effects on an aging adult. According to the American Psychological Association, therapy using reminiscence is “the use of life histories – written, oral or both – to improve psychological well-being.” Therapy relies on healing individuals remember through sight, sound, taste, touch or smell.

1. PRESERVES FAMILY HISTORY

Often, family members know close to nothing about the lives of their elderly loved ones. People tend to forget that the seniors in their family used to live young, full lives. Seniors who recount past experiences can pass on valuable memories for future generations. Plus, reminiscing about days gone by can bring families closer together.

2. HELPS IMPROVE THEIR QUALITY OF LIFE

Seniors who reminisce may also show improved outlooks on life. After remembering happy memories, seniors are often brighter and smile more. Engaging in animated conversation with others helps seniors maintain balance in their lives.

3. REDUCES SYMPTOMS OF DEPRESSION

Reminiscence therapy is often used for patients with dementia and depression. According to the LA Times, those reflect on their lives “find greater satisfaction in their old age.” When seniors are busy sharing their accomplishments, it distracts them from worrying about their medical conditions. Plus, it increases their self-esteem.

4. WORKS THROUGH UNRESOLVED CONFLICTS

Looking back on old conflicts in their lives can help seniors find closure. After reviewing past experiences with a more mature understanding, many people can move forward to live in a more healthy present.

5. IMPROVES COMMUNICATION SKILLS

As your loved one shares their past, it increases their ability to communicate. When they talk about their past, their memory ignites and emotion is likely involved, too. Research shows that as seniors remember the past, new pathways form in the brain that help with communication.

6. REDUCES STRESS

When seniors share their past with someone, it can reduce their stress levels. One reason is that it allows them to resolve issues from their past they may have not dealt with before. Another reason is that it allows seniors to deal with negative emotions they many not know how to deal with otherwise. For example, your grandmother may not know how to talk about how much she misses your grandpa, but she may be able to share these emotions indirectly through stories.

7. ENHANCES SELF-ESTEEM

Aging is a process that can be quite challenging for many. Reminiscing helps your loved one cope with growing older as they recreate their life’s meaning by being connected to the past. It also helps reaffirm their feelings of being important. Plus, sharing the past helps seniors reflect on their achievements and appreciate what they have done.

Reminiscing also helps seniors feel heard, which increases self-esteem.

Visit us
for high-quality,
top brand;
furniture, mirrors,
lamps, pictures
and other beautiful
home accessories!

Or choose from
hand-made
furniture in solid
cherry, walnut,
or oak.



*Tom
Blue*

Since 1988

Furniture

With a Future

(270)683-4921

www.tomblue.com

2737 Veach Rd., Owensboro