



My Forget Me Not Memento Book

A Dementia Friendly Schools Program

THE CITY of
Unley

Foreword

As people live longer, some individuals need the extra support provided by residential care and some also face the challenge of living with dementia. It can be difficult for families to explain this to their child and intergenerational connections can be lost when an individual enters aged care.

The Forget-Me-Not program was specially designed to link school students with people living with dementia. Thanks to grant funding from the State Government's Office for the Ageing in 2018, the University of South Australia and the City of Unley facilitated the delivery of weekly school lessons based on Dementia Education videos developed by Dr Baker, University of New South Wales and linked the lessons to regular excursions to local aged care sites.

The program teaches children lifelong skills such as communication and empathy whilst also educating them about the growing issue of dementia. The residents regain their connection back to the younger community and can share their stories with the children.

We wish to thank our partners in this second Forget-Me-Not program in 2020—Southern Cross Care, Fullarton Residential Care and Unley Primary School—for their support. This book provides some mementos of the time they shared together and the impact it has upon them.

*[City of Unley Active Ageing
Project Officer, Judith Lowe]*

Images by Ken Bridge.





"Chiara was a lovely waitress. Beautiful smile and spoke so nicely. It was such a happy moment."

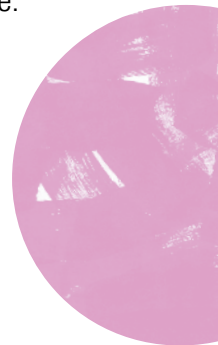
[Margie]

"It was fun being a waitress and bringing them tea and cake."

[Chiara, 11]

"They were so knowledgeable and confident."

[Pat]



"Thank you – it was lovely to get to know you all. Best afternoon tea I have had."

[Gypsy]



"For a while there was no age, just fun."

[Sylvia]

"So friendly and ready to talk."

[Elva]



"It was so good because they took time to listen to us."

[Max, 10]



"Great time meeting them. They were all so nice."

[Arjit]



"The best thing was meeting everyone."

[Antonio, 10]

"They were great to talk to and we had lots of similar interests including skipping and gardening. We also have lots of siblings!"

[Abbie, 10]



"Truly a delight – I couldn't stop smiling."

[Sylvia]



"She was so kind. I loved hearing her stories and sharing mine. I'd love to do this again."

[Chloe, 10]

"Lovely polite children with such outgoing personalities."

[Barbara]





"I couldn't get over the confidence the children had – lovely time was had."

[Des]

"It was a lovely atmosphere and they were all so kind."

[Chanel, 10]



"It was interesting as we got to hear all their stories."

[Ollie, 10]

"My smile
says it all."

"It was good to get to
know them and they
were so interested in us."

[Lilly, 10]



"The children
had impeccable
manners ... they
really did shine."

[Margie]

"Their innocence and straight to the point manner was a treat."

[John]

"We both talked about school and Stan told me about growing up in India."

[Sam, 11]



"It was nice to see the interest they showed when hearing my stories."

[Stan]



"It was fun to make the cute bunnies and she was awesome at the craft."

[Ella, 10]

"It was really fun to make the bunnies and I enjoyed talking to them."

[Pamela, 10]



"They were delightful,
fun and a little cheeky."

[Liz]

"Nice to just have fun
and not be an age."

[Stan]

"We enjoyed playing with
our bunnies after they
finished and Stan joined in
our "bunny wars"."

[Elliot, 10]

"It was a surprise how much
they enjoyed our company."

[Abbie, 10]

"I felt like a star."



“Hadn’t been to a nursing home before but I was excited to meet new people.”

[Luca, 10]

“I sometimes go with my Nanna to the nursing home so I was happy to talk to them.”

[Isaac, 10]


“Thank you Pat for letting us visit.”

[Sota, 10]



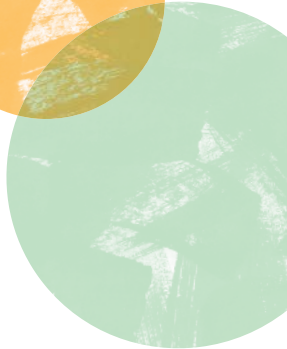
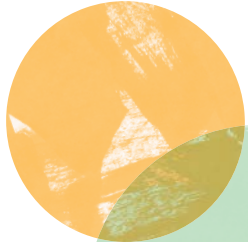

“I felt special.
My chair was
a big hit.”

[Pat]



“It was a privilege to meet and spend time with all the people involved in this project. We thoroughly enjoyed the activities and the opportunity to make new friends. We’d love to do it again.”

***[Sarah Bullen, Year 5 Teacher,
Unley Primary School]***



“The positive impact that this brought to the students and residents was amazing to watch – everyone just had fun and enjoyed the moment. The residents found the children interesting, funny and genuine, no filters. Residents responded to the honesty and the interest shown to them about their life stories. We can’t wait to continue as residents didn’t want the afternoons to end.”

***[Cathyanne Borsboom, Wellness &
Lifestyle Coordinator, Southern
Cross Fullarton Residential Care]***

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