

Memory Kits



Memory kits are for people with dementia, memory loss, or cognitive impairment. They are intended to stimulate conversation or reminiscence with a person with cognitive issues.

Our kits include a collection of resources and items that allow users an opportunity to engage in conversation about their life experiences.

What's in a Memory Kit?

- Interactive activity (such as a puzzle, bingo, games, or conversation cards)
- CD with soothing or memory-sparking music
- Book with colorful illustrations created for people with memory loss
- *Caregiver's Guide to Dementia* by Laura Gitlin
- Tip sheet and book list

Types of Memory Kits

- 5 kits for Early Stage Dementia - **Green Bags**
- 6 kits for Mid-Stage Dementia - **Red Bags**
- 1 kit for Late Stage Dementia - **Blue Bag**

How it works:

- 4 week checkout - 2 renewals
- Kits may be reserved
- Kits may be picked up and returned at any Duluth Public Library location
- Kits may be interlibrary loaned by Arrowhead Library System cardholders

Memory kits are made possible by a partnership with:



**Dementia
Friendly
Duluth**

Memory Kit information is available online.

duluthlibrary.org/services/memory-kits



**DULUTH
PUBLIC
LIBRARY**

Early Stage Dementia Green Kits

Dogs and Puppies

Dogs and Puppies (book)
Conversation cards. Familiar Words. (activity)
America's Top Ten Hits 1960s (music CD)
Caregiver's Guide to Dementia (book)
Living Well (workbook)

A Day at the Park

A day at the park (book)
Match the dots. (activity)
The most relaxing classical music (music CD)
Caregiver's Guide to Dementia (book)
Living Well (workbook)

A Dusting of Snow

A Dusting of Snow (book)
Match the pins. (activity)
Zen Garden (music CD)
Caregiver's Guide to Dementia (book)
Living Well (workbook)

Bible Verses

Bible verses (book)
Match the shapes (activity)
Tranquil Guitar (music CD)
Caregiver's Guide to Dementia (book)
Living Well (workbook)

Wild Animals

Wild Animals (book)
Animal picture bingo (activity)
Love's River (music CD)
Caregiver's Guide to Dementia (book)
Living Well (workbook)

Mid Stage Dementia Red Kits

Fun and Games

Fun and Games (book)
Conversation cards. Nostalgia. (activity)
America's top ten hits 1950's (music CD)
Caregiver's Guide to Dementia (book)

America

America (book)
Rainbow Bingo (activity)
Inner Peace for busy people (music CD)
Caregiver's Guide to Dementia (book)

Blue Sky, White Clouds

Blue Sky, White Clouds (book)
Candy 12-piece puzzle (activity)
Quietly: a piano album (music CD)
Caregiver's Guide to Dementia (book)

Seasons

Seasons (book)
Numbers and Suits (activity)
An Open Sky (music CD)
Caregiver's Guide to Dementia (book)

The Happy Book:

Landscape

The Happy Book: Landscape (book)
Curious Cat 13-piece puzzle (activity)
Calming Guitar (music CD)
Caregiver's Guide to Dementia (book)

Flowers

Flowers (book)
Image Snap (activity)
Serenity (music CD)
Caregiver's Guide to Dementia (book)

Late Stage Dementia Blue Kit

Colors

Colors (book)
Look and Lace (activity)
Calm Within (music CD)
Caregiver's Guide to Dementia (book)



MAIN LIBRARY

520 W. Superior Street
218.730.4200



MOUNT ROYAL

105 Mt. Royal Shopping Circle
218.730.4290



WEST DULUTH

5830 Grand Avenue
218.730.4280