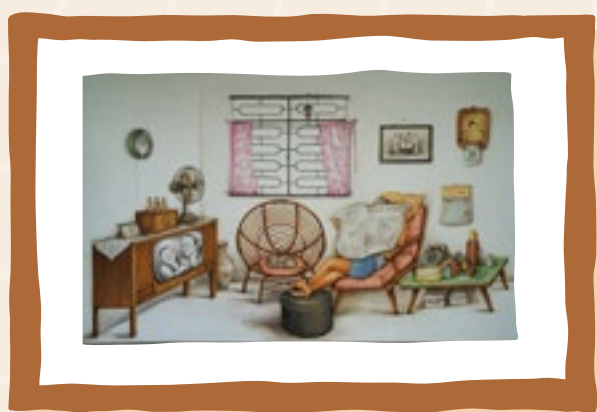


# BACK IN MY DAY...

A reminiscence activity resource  
featuring the public murals of Yip Yew Chong



Scan this with a QR code reader to download an e-copy of this toolkit



<https://for.sg/aic-back-in-my-day>

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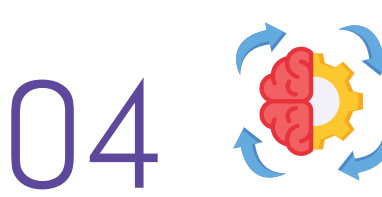


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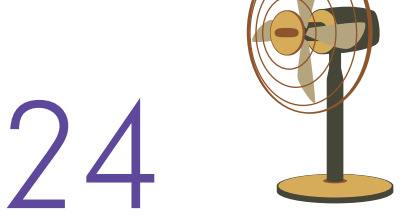
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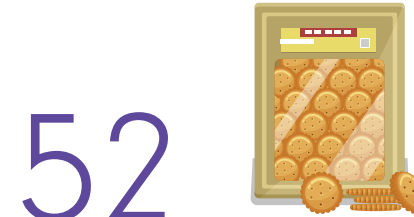
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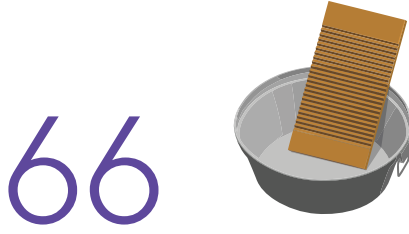
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Our special thanks to:

- **Mr. Yip Yew Chong** for the permission to feature his public murals in this activity resource.
- **NTUC Health Co-Operative Limited:**
  - Mr. Lim Wei Ming Benjamin, Principal Occupational Therapist; Ms. Chew Xiao Jia, Senior Occupational Therapist; and Ms. Priscilla Liew Qiao Er, Senior Occupational Therapist for their expertise in content development.
  - The Allied Health team from NTUC Health Nursing Home (Jurong Spring) and the Daycare team at NTUC Health Senior Day Care (Geylang East) for trialling the activities in this resource.
  - Mr. Gary Goh Xiang Ming for assisting with brainstorming and trialling of this resource's content (Till July 2024).
- **National Archives of Singapore (part of the National Library Board)** for the permission and waiver of its usage fee for the historical photos and for the permission to feature its NLB "Reminiscence Library Package" in this activity resource.
- **Dementia Singapore, National Heritage Board, National Library Board, National Museum of Singapore, Singapore University of Social Sciences, and Urban Redevelopment Authority** for permitting the inclusion of background information relevant to the reminiscence topics and/or other reminiscence resources in this activity resource.

# Welcome to "Back in My Day..."

A reminiscence activity resource featuring the public murals of Yip Yew Chong

*"My artworks depict bygone scenes of everyday life in Singapore. They pay tribute to those who have lived through those times and serve to connect them to younger generations."*

*I am honoured that these artworks are featured in this resource.*

*I hope these artworks will evoke a sense of warmth, shared identity and bring everyone joy."*

*Yip Yew Chong*

Reminiscence is powerful – by embarking on a journey through treasured memories and sharing them with others, it can enhance quality of life, psychosocial wellbeing and social connections<sup>1-5</sup>.

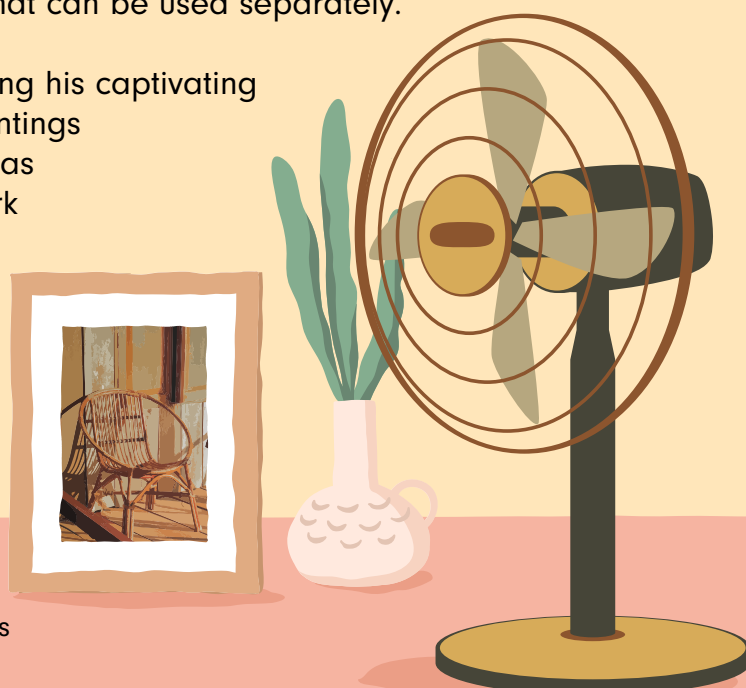
Through this resource, we invite seniors to journey down memory lane – to share about their life experiences, wisdoms and knowledge and deepen relationships and bonds with others as they reflect on their personal lives. For facilitators (Community Care staff, volunteers, caregivers) enabling these sessions, step-by-step prompts and other tips are provided to conduct these reminiscence-based sessions\* with confidence. Each reminiscence topic is an individual worksheet that can be used separately.

Our deepest thanks to Yip Yew Chong for sharing his captivating murals for this resource. Not only are these paintings evocatively beautiful, but their depth of detail has also provided an excellent springboard to spark memories and kickstart conversations.

We wish you a meaningful time of reminiscence together!

**Agency for Integrated Care**

\*The suggested approaches take into consideration wellbeing principles adapted from the United Kingdom's New Economic Foundation's "Five Ways to Wellbeing"<sup>6</sup>.



# Benefits of Reminiscence

Reminiscence activities offer significant benefits for seniors, enhancing cognitive function, emotional wellbeing, social interaction, quality of life, and physical health. Here are some of the key advantages<sup>1-5</sup>:

## Cognitive Benefits:

Reminiscence activities stimulate memory recall and cognitive processing, enabling the maintenance of cognitive function.

## Emotional Benefits:

Reminiscence activities provide a platform to reflect on positive past experiences, leading to a greater sense of fulfilment and reduced feelings of depression and anxiety. Research has indicated that seniors participating in regular reminiscence activities report higher levels of life satisfaction and emotional wellbeing.

## Social Benefits:

Group reminiscence activities significantly increase social engagement and a sense of community.

## Enhanced Quality of Life:

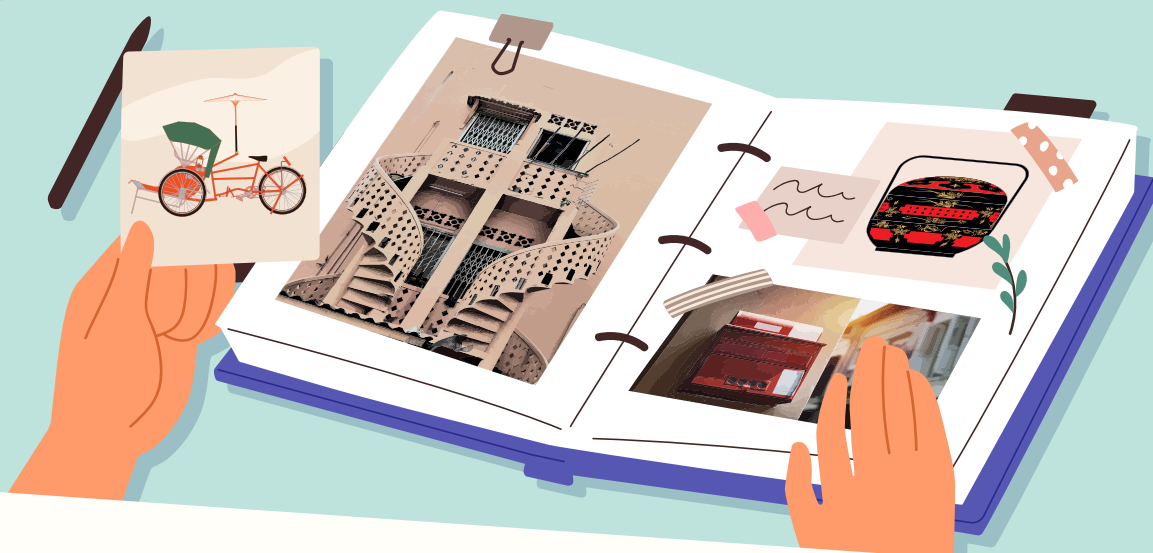
Regular participation in reminiscence activities promotes a sense of purpose and achievement, enhancing overall quality of life.

## Physical Health Benefits:

While primarily psychological and social, reminiscence activities also contribute to improved physical health by reducing stress and promoting relaxation.



# Activity Considerations



The considerations below are intended as general guidance and facilitators may need to adapt them to address the needs of your senior group. Typically, robust seniors will be able to participate in longer sessions and require less/no assistance. The converse will be true for frailer seniors. Regardless, do keep the environment small and intimate to facilitate deeper sharing.

<b>Duration:</b>	45 minutes per session or less (Factor in rest intervals e.g. 2 rest intervals of 5 minutes, if required)
<b>Frequency:</b>	1 to 2 times per week
<b>Ratio:</b>	1 facilitator to 2 to 4 seniors (Ratio will depend on the senior/facilitators' needs and other prevailing requirements e.g. facility guidelines)
<b>Environment:</b>	<ul style="list-style-type: none"> <li>• Relaxed, well-ventilated, safe, with minimal distractions</li> <li>• Suitable lighting (not glaring) and temperature</li> <li>• Sufficient space with clear visibility and audibility of the items (e.g. mural, videos, audio tracks, etc.)</li> <li>• Follows prevailing precautions (e.g. infection control, safety)</li> </ul>
<b>Enabling Access:</b>	<ul style="list-style-type: none"> <li>• Different languages/dialects</li> <li>• Adaptive equipment and approaches (e.g. magnifying glass, microphone, larger font and images)</li> <li>• Remind seniors to bring their personal effects to facilitate their participation (e.g. reading glasses, hearing aids)</li> </ul>

# Approach - “Five Ways to Wellbeing”

(Aked, J., Marks, N., Cordon, C., & Thompson, S. (2008). *Five Ways to Wellbeing: The evidence. The New Economics Foundation*<sup>6</sup>)

The United Kingdom’s New Economics Foundation’s “Five Ways to Wellbeing” provides evidence-informed approaches you can consider as part of your activity implementation plans. We have also included elaborations from a reminiscence activity perspective for additional assistance.

## 01 Connect

**Connect seniors with their community for support**

e.g. Fostering social ties through conversations during reminiscence activities enable greater connection and belonging within the community.



## 04

## Keep Learning

**Enable seniors to keep learning for a sense of confidence and fun**

e.g. Including opportunities to find out new facts or participate in activities related to the items being featured can provide new knowledge and cultivate a joyful atmosphere.



## 02 Be Active

**Enable seniors to participate in activities that are relevant to their fitness and mobility levels**

e.g. Including physical aspects during the reminiscence sessions can boost both physical and psychosocial wellbeing.



## 05

## Give

**Enable seniors to give back to their community and create connections with others**

e.g. Sharing wisdom and lessons learned as a result of experiences, inviting seniors to provide peer support or co-facilitate the sessions, or developing keepsakes (such as a scrapbook of memories) to be shared with family and loved ones.



## 03 Take Notice

**Provide opportunities and experiences for seniors to appreciate and reflect on what matters to them**

e.g. Encouraging seniors to discuss memories, their significance and impact to them.





# Tips For Successful Facilitation

Fostering strong relationships within the group is key to an effective reminiscence session. It encourages openness, trust and the building of relationships which will continue even after the sessions have ended. Facilitators need to take deliberate steps to create such conducive and safe spaces where seniors feel heard and valued.

Consider the following facilitation approaches:



## Structuring your approach

Prepare for the sessions, ensuring familiarity with the activity content and also implementation plan (e.g. approaches to take to reach activity outcomes [e.g. wellbeing, social connection, cognition, etc.]). Remember this is a conversation that is intended to bring back memories – not a quiz – so find a natural way to incorporate exploration areas into the group discussion.



## Managing group dynamics

Group seating arrangements can influence seniors' engagement levels, so plan how seniors may need to be seated depending on their profile and personalities. This approach fosters a harmonious group dynamic, enabling facilitators to tailor their interactions to individual needs while creating a more supportive environment.



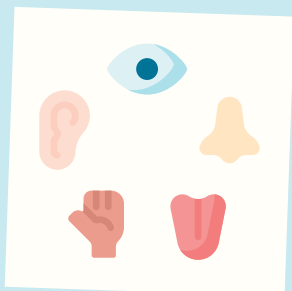
## Maintaining confidentiality and being respectful

Agree on group norms (e.g confidentiality, turn-taking) from the start so as to create a conducive environment for the session. Do not make light of experiences. The focus is on engagement and wellbeing, not accuracy. Ask thoughtful questions to ensure seniors do not feel pressured to share more than they are comfortable with. Respect cultural differences and avoid making assumptions based on stereotypes or biases.



### Inviting seniors' participation (e.g. organising the session)

To increase active participation, facilitators can invite seniors to be involved in organising the session, such as setting up the space and the activities (e.g. arranging chairs, distributing items). Engaging in these tasks based on their abilities can enhance wellbeing and ownership of the session.



### Creating multi-sensory experiences

Engage the five senses by using props or items (e.g. audio tracks, scents, video, artefacts, photographs) to stimulate the senses and create a richer experiential activity.



### Listening actively

Listen attentively to seniors by maintaining eye contact, using open body language, while acknowledging their contributions (e.g. memories/stories shared). This helps build trust and respect and promotes a sense of safety and respect within the group.



### Asking open-ended questions

Use open-ended questions, where possible, to encourage seniors to share their memories. Avoid asking leading questions that suggest a particular answer, unless the group requires to be enabled in this manner. For frailer seniors, it may be necessary to ask close-ended questions. Facilitators may also share their own memories, where appropriate, to warm-up the group.



### Demonstrating good observation skills

Pay attention to the seniors' mood and body language. If the senior is getting agitated or distressed, be gentle and pivot the conversation to fond memories or familiar topics. If additional assistance is required, facilitators may also pair them with co-facilitator(s) who can repeat questions to them or address care-related concerns.



### Being sensitive

Show empathy, especially when painful emotions are expressed. Avoid questioning about traumatic events in a group setting. If painful emotions arise, respond supportively with phrases like “Thank you for sharing and trusting us.” Gently remind the senior that you are with them and validate their feelings. Sometimes the most empathic response is simply listening. If additional support is needed, seek assistance from the care/professional staff.



### Following seniors’ conversation flow

Let the sessions be led by seniors with the facilitator guiding the session to keep it on track and aligned with its intent. To ensure that discussions remain inclusive and focused on the group as a whole, facilitators should direct all discussions back to the group, avoiding prolonged 1:1 conversations with seniors.



### Providing ample time

Ensure that sufficient time is allocated for this activity and for seniors to contribute. Be clear on how much time is allocated and do not interrupt, unless required (e.g. to enable others to share). When time management is required, do so sensitively.



### Showing gratitude

End the sessions on a positive note by enabling seniors to express their gratitude and thanks to each other. Facilitators should also highlight key aspects of the session and thank seniors for their participation.

For more facilitation tips, refer to the “Planning Effective Group Activities” Guide developed by Agency for Integrated Care at: <https://for.sg/planning-activities-p>.



## Reminiscence Topic 1:

# Community Life



Wall next to the the Palmwoods Condominium main gate at 450 Upper Changi Road



### Key Tips

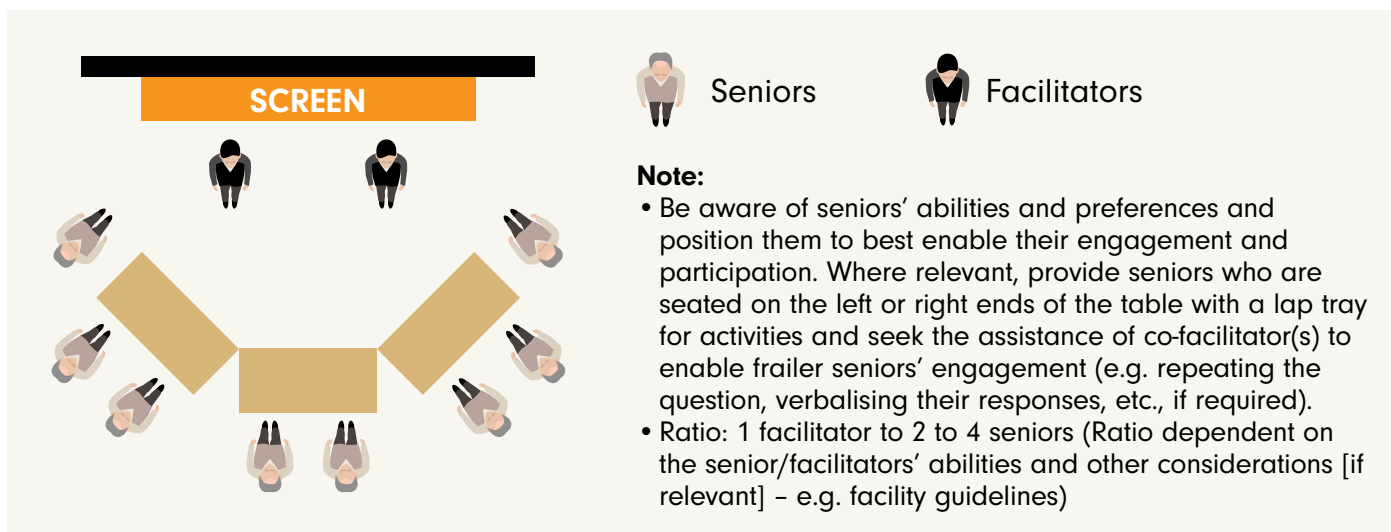
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



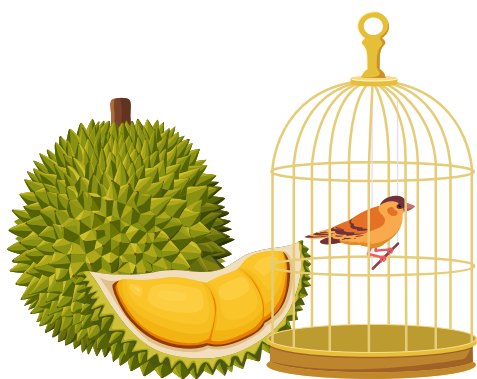
## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Bird cages
- Banana tree
- Rambutan tree
- Durians
- Roosters  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 16** for some examples of audio tracks, photos and videos.

## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mr Ali!!])."

- 8 Distribute the printed murals and/or project them on the screen and introduce them to seniors. Where relevant, introduce and circulate other items to provide a richer experience.



- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



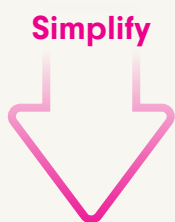
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- What was everyday life like in a *kampung* (e.g. activities, games)?
- What qualities do you think were necessary to be able to live in a *kampung* (e.g. resilience, resourcefulness)?
- What age were you when you lived there?
- Where was your *kampung* located and who did you live with?
- Who were your neighbours and did you learn other languages from them?
- Did you keep pets or animals, what type/s were they?
- What is your fondest memory about living in a *kampung*?
- What was good about living in a *kampung* and what do you miss about it?
- What is good about your present home/neighbourhood?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the bird cage hanging outside the house, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "Community Life". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



<https://for.sg/cyxoqx>

- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.

## Background information

- Scan the QR code for some information relating to *kampungs*. (Source: Nor Afidah Abd Rahman, "Kampung Living A-Z," BiblioAsia 9, no. 4 (Jan-Mar 2014).)



<https://for.sg/3jbs89>



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?

## Proposed search terms

- Some proposed search terms include:
  - "Kampung life" AND (heritage OR history) AND Singapore
  - "Kampung" AND (culture OR traditions) AND Singapore
  - "Kampung spirit" AND Singapore
  - "Kampung lifestyle" AND Singapore
  - "Last kampung" AND Singapore



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/r5w1qd>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/q9tp22>

## Examples of related video clip(s)

- **Video 1:** Singapore. Village Or *Kampung* in March 1968 – Film 90062 (Source: YouTube)
- **Video 2:** Singapore Places & Songs. History - *Kampong* Kids "Growing Up" (Source: YouTube)

## Video 1:



<https://for.sg/kjd4dt>

## Video 2:



<https://for.sg/t4wojf>

## Reminiscence Topic 2:

# Growing Up



Chinatown, 30 Smith Street



### Key Tips

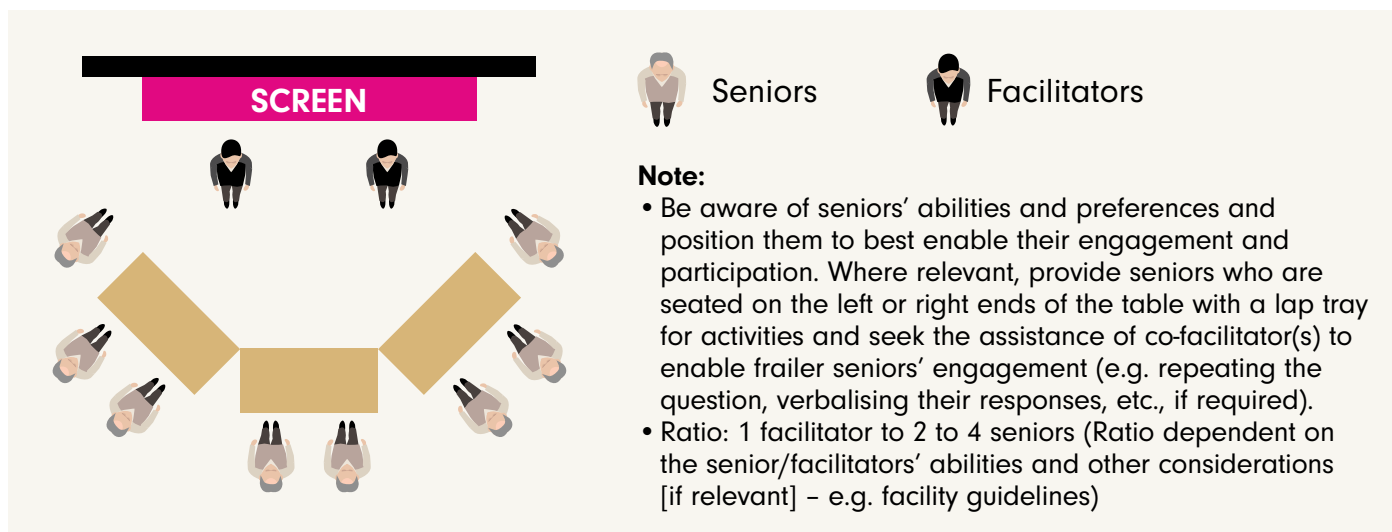
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- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
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- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

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- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Wooden washing board
- Soft drinks in glass bottles
- Vintage enamel spittoon
- Vintage straw hand fan
- Traditional *Tung Shing* Wall Calendar ... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 23** for some examples of audio tracks, photos and videos.



## Activity Steps

### Preparation

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- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



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To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mdm Wong!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



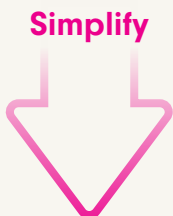
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- What is your fondest memory of your old home?
- Who lived with you?
- What sort of games did you play as a child?
- Who did the cooking on these charcoal stoves and the household chores? Was there a system to allocate chores?
- Who in your family would have most likely used the wooden back scratcher?
- At what age did you get your own bedroom?
- When did you try your first soft drink and what was the experience like?
- If this mural does not depict your childhood home, what did your home look like?
- What qualities do you think you learned from living in places like these (e.g. interpersonal skills to get along well with others)?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the woman cooking on the charcoal stove to the grandmother sewing the blanket, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "Growing Up". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/emrxky>

## Background information

- Scan the QR code for some information relating to shophouses. (Source: Urban Redevelopment Authority website)



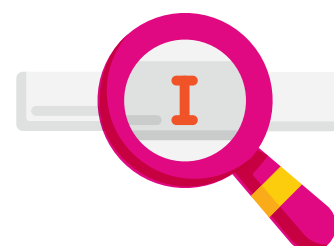
Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/ak2r7z>

## Proposed search terms

- Some proposed search terms include:
  - "Heritage house" AND "significance" AND Singapore
  - "Chinatown home" AND "shophouses" AND "1950s" AND Singapore
  - "Chinatown shophouses" AND "interior" AND "1950s" AND Singapore
  - "1950s Singapore" AND "shophouses"
  - "History of shophouses" AND Singapore



**Resources (For Facilitator's Use)****QR Code****Audio track**

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/kzh4tg>

**Examples of related photos**

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/61nvg0>

**Examples of related video clip(s)**

- **Video 1:** Late 1960s, 1970s Singapore Chinatown Street Scenes, Rare 35mm Footage (Source: YouTube)

**Video 1:**

<https://for.sg/499jjn>

## Reminiscence Topic 3:

# My First Home



Tiong Bahru, Tiong Poh Road/Eu Chin Street St. 74



### Key Tips

Facilitators should:

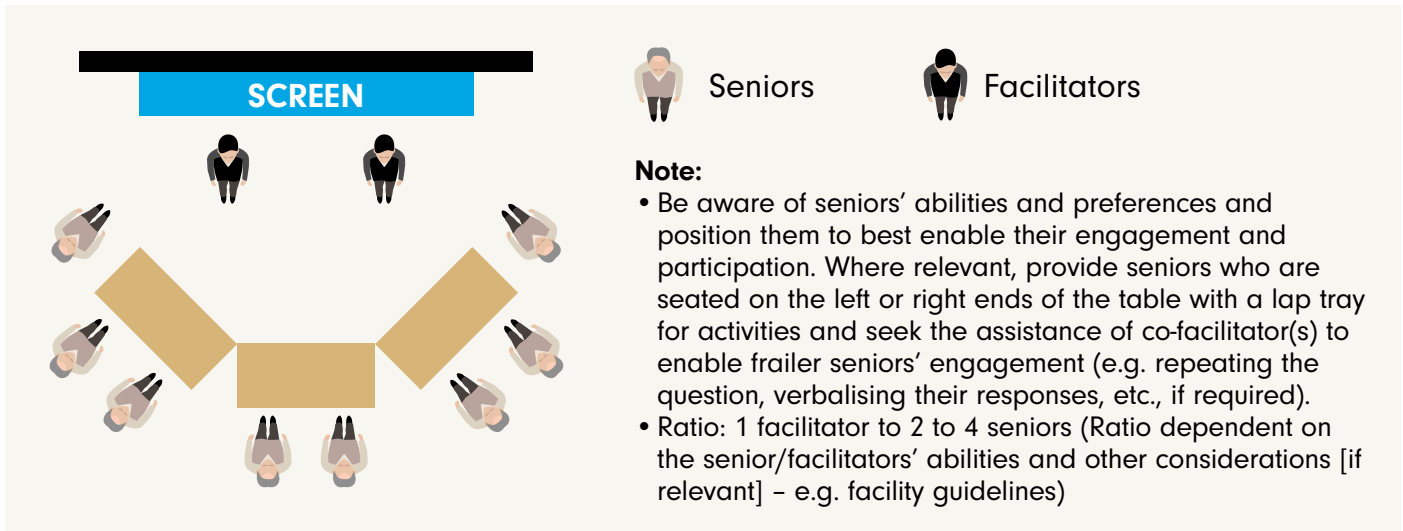
- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.



## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[Hard copy preparation: Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Vintage electric fan
- Spiral rattan chair
- Vintage monthly calendar
- Vintage rotary phone
- Yellow Pages  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 30** for some examples of audio tracks, photos and videos.

## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Sessions

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mr Tay!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

9

Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- When did you move to your first HDB flat and where was it located?
- How did you feel when you first had your own HDB flat?
- What was the environment like and who were your neighbours (e.g. other races, occupations, former *kampung* mates)?
- What was the cost of your first HDB flat?
- Was this type of furniture common, why?
- What are some items from then that you still have?
- How old were you when you first watched TV?
- When did your family get your first TV and what programmes did you watch?
- What are your fondest memories from the time you lived in your first HDB flat?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.

### Simplify



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the programme on the TV, the rattan furniture, the window grille, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "My First Home". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



<https://for.sg/ju0hao>

- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.

## Background information

- Scan the QR code for some information relating to Housing Development Board (HDB). (Source: National Heritage Board's Roots website)



<https://for.sg/y1fkjm>



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?

## Proposed search terms

- Some proposed search terms include:
  - "First HDB flat" AND Singapore
  - "Singapore public housing" AND "history"
  - "From *kampung*" AND "HDB flats" AND Singapore
  - "Queenstown HDB estate" AND Singapore
  - "Evolution of HDB" AND "decades" AND Singapore



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/xfy9n8>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/rf992w>

## Examples of related video clip(s)

- **Video 1:** 1965 HDB Flats (*Berita Singapura*) (Source: YouTube)
- **Video 2:** The Hidden Histories of Singapore's HDB Flats | On the Red Dot | Full Episode (Source: YouTube)

## Video 1:



<https://for.sg/wv491v>

## Video 2:



<https://for.sg/o60qon>



## Reminiscence Topic 4:

# My Nearby Shops



Chinatown, 30 Temple Street



### Key Tips

Facilitators should:

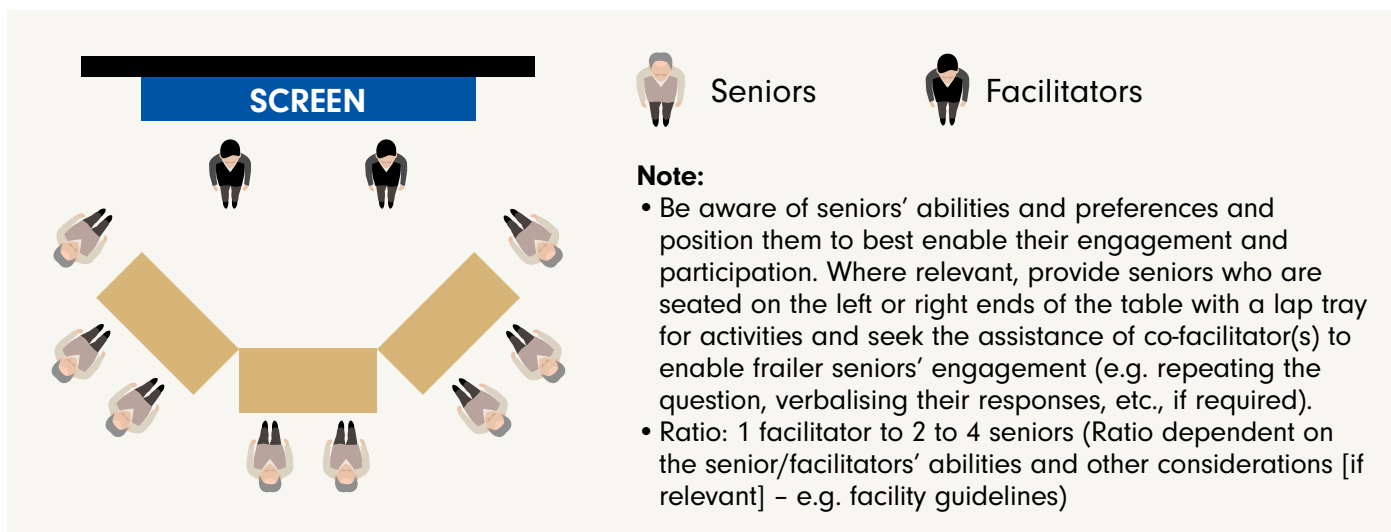
- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity

- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)

### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Vegetable stall at Chinatown in the 1970s
- Fish stall at *Tekka* market in the 1950s
- Market wooden crates
- Roadside eggs seller at Chinatown
- Old straw hat  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 37** for some examples of audio tracks, photos and videos.



## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mdm Kavita!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- What did you usually buy from the stalls?
- Who did you typically go grocery shopping with?
- Which market/s did you usually visit?
- Was there a special stall that you would always frequent, if yes, why?
- Did you stop by for any favourite food, if yes, what did you eat?
- Did you make any new friends during this time (e.g. stall holders, their children)?
- What is your fondest memories of going shopping at these stalls?
- Do you prefer stalls like these or going to present day supermarkets, why?
- Do you have any recommendations for stalls that you might want others to visit now (e.g. best *kopi* (coffee)/*teh* (tea), freshest fish)?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the poultry store with live chicken, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "My Nearby Shops". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/qr0orr>

## Background information

- Scan the QR code for some information relating to Vegetable Seller in Chinatown. (Source: National Heritage Board's Roots website.)



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/rlpts8>

## Proposed search terms

- Some proposed search terms include:
  - "Singapore Chinatown" AND "1950s"
  - "Wet markets" AND "1950s" AND Singapore
  - "Singapore Little India" AND "1950s"
  - "Kampong Glam" AND "1950s" AND Singapore
  - "Traditional markets" AND "food" AND Singapore





**Resources (For Facilitator's Use)****QR Code****Audio track**

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/7mzdg4>

**Examples of related photos**

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/ikvsvt>

**Examples of related video clip(s)**

- **Video 1:** Old Singapore Market in 1961 (Source: YouTube)
- **Video 2:** 1970s, 1980s Singapore Market, HD from 35mm | Kinolibrary (Source: YouTube)

**Video 1:**

<https://for.sg/p1qtl6>

**Video 2:**

<https://for.sg/xvld1d>

## Reminiscence Topic 5:

# Street Scenes



Tiong Bahru, Eng Watt Street Block 73



### Key Tips

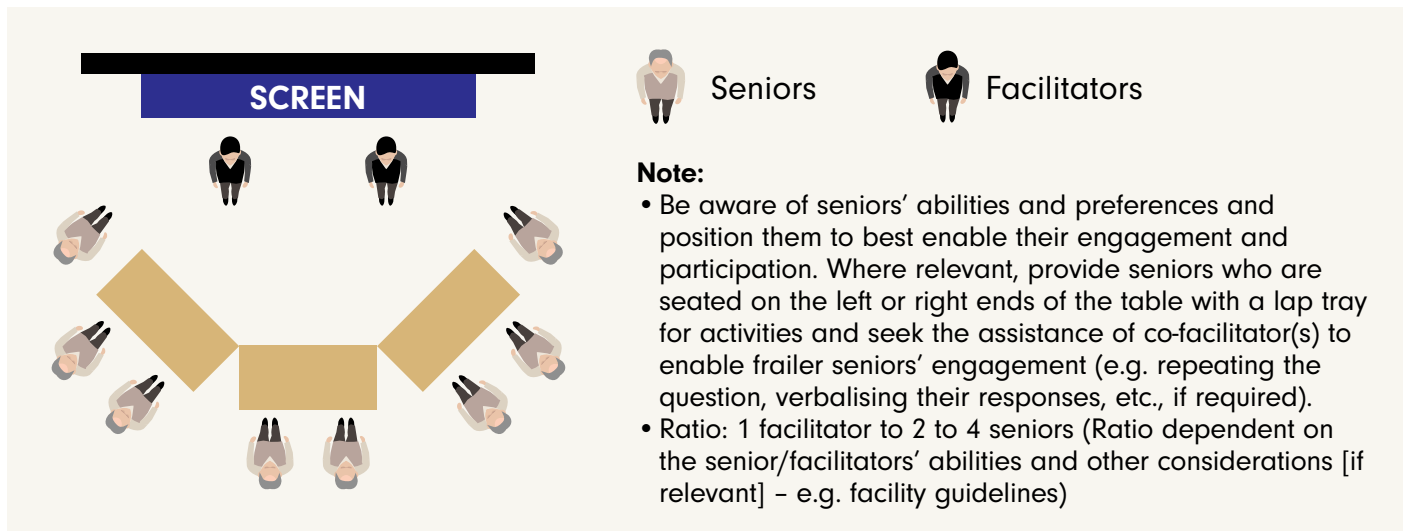
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Street fortune teller
- *Putu Mayam*
- Curry chicken noodles
- Vintage rattan basket
- Cooking oil tin  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 44** for some examples of audio tracks, photos and videos.

## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mdm Nadia!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

9

Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



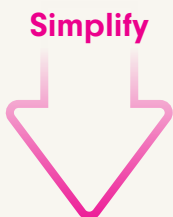
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- Who has seen a fortune teller like the one in the mural?
- What is your favourite hawker food item?
- When did you last see a food stall like this and where was it (e.g. in Singapore, overseas)?
- What was the cost of a bowl of noodles then, what year was that?
- How often did you eat out?
- What is your fondest memory of street scenes like these?
- Did the food taste better then or now? Why?
- Do you recall the first time you tried food from another culture? What was the food item and why?
- Where would you recommend for the best noodles/*biryani*/*satay* now?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g., the man using his bicycle to sell food, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "Street Scenes". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.



## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



<https://for.sg/b2vpui>

- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.

## Background information

- Scan the QR code for some information relating to Tiong Bahru Market and Food Centre. (Source: National Heritage Board's Roots website)



<https://for.sg/6ptodb>



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?

## Proposed search terms

- Some proposed search terms include:
  - "Tiong Bahru *pasar*" AND Singapore
  - "Market culture" AND Singapore
  - "Singapore hawker" AND "history"
  - "Street food cart" AND "1950s" AND Singapore
  - "*Pasar*" AND "hawker" AND Singapore



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/i7yqzd>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/2k0wiw>

## Examples of related video clip(s)

- **Video 1:** Fortune Teller at Albert Street (Source: YouTube)
- **Video 2:** Tiong Bahru Market Lunch Time Walking Tour in 4K UHD (Source: YouTube)

## Video 1:



<https://for.sg/a9vx7g>

## Video 2:



<https://for.sg/zqbrfk>

## Reminiscence Topic 6:

# Breakfast Memories



Rochor, 29 Sultan Gate [A.R.C Café]



## Key Tips

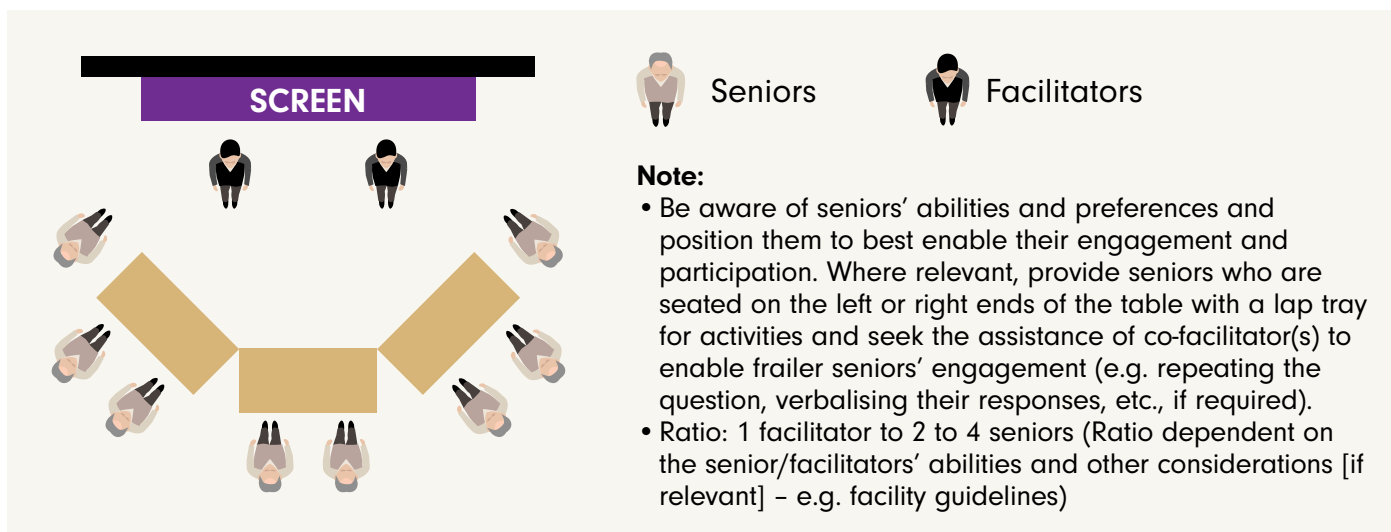
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)

### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Stainless steel mugs
- Ceramic cups
- *Kopi* sock
- Canned condensed milk
- *Kaya* butter toast and soft-boiled eggs  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 51** for some examples of audio tracks, photos and videos.



## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mr Kumar!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



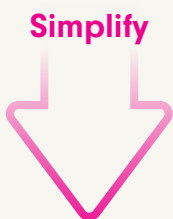
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- Where is your favourite *kopi* (coffee)/*teh* (tea) store?
- What do you usually pair your *kopi/teh* with (e.g. bread, eggs, *thosai*, *kueh*, etc.)?
- What is your favourite activity while drinking *kopi/teh* (e.g. talking with friends, reading newspaper)?
- Have you ever made coffee like this (e.g. using the coffee sock)/roasted your own coffee beans?
- When was the first time you started drinking *kopi/teh* and what did you think of its taste?
- How do you like your *kopi/teh* now (e.g. *siew dai* – less sweet, *kosong* – no sugar)?
- How much did breakfast typically cost compared to now?
- Where do you think has the best *kaya* now?
- What is your fondest breakfast memories with loved ones/friends?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the man pouring tea from a height, etc.)



- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "Breakfast Memories". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/u1x6dh>

## Background information

- Scan the QR code for some information relating to coffeeshops. (Source: National Heritage Board's Roots website)



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/9lgt12>

## Proposed search terms

- Some proposed search terms include:
  - "Traditional coffee roasting" AND Singapore
  - "Traditional coffee" AND "tea" AND Singapore
  - "Traditional *kopitiam*" AND Singapore
  - "*Kopitiam* culture" AND "history" AND Singapore
  - "Hainanese coffee shop" AND Singapore



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/e0knoi>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/j2x9fl>

## Examples of related video clip(s)

- Video 1:** *Heap Seng Leong* Since 1974 – An Old School Coffee Shop Located Somewhere Along North Bridge Road (Source: YouTube)
- Video 2:** This Tea Stall at *Kampong Glam* Has Fans from Jurong to Japan | *Bhai Sarbat* (Source: YouTube)

## Video 1:



<https://for.sg/t8hbiu>

## Video 2:



<https://for.sg/sd2p18>

## Reminiscence Topic 7:

# My Neighbourhood



Tanjong Pagar, Everton Road



### Key Tips

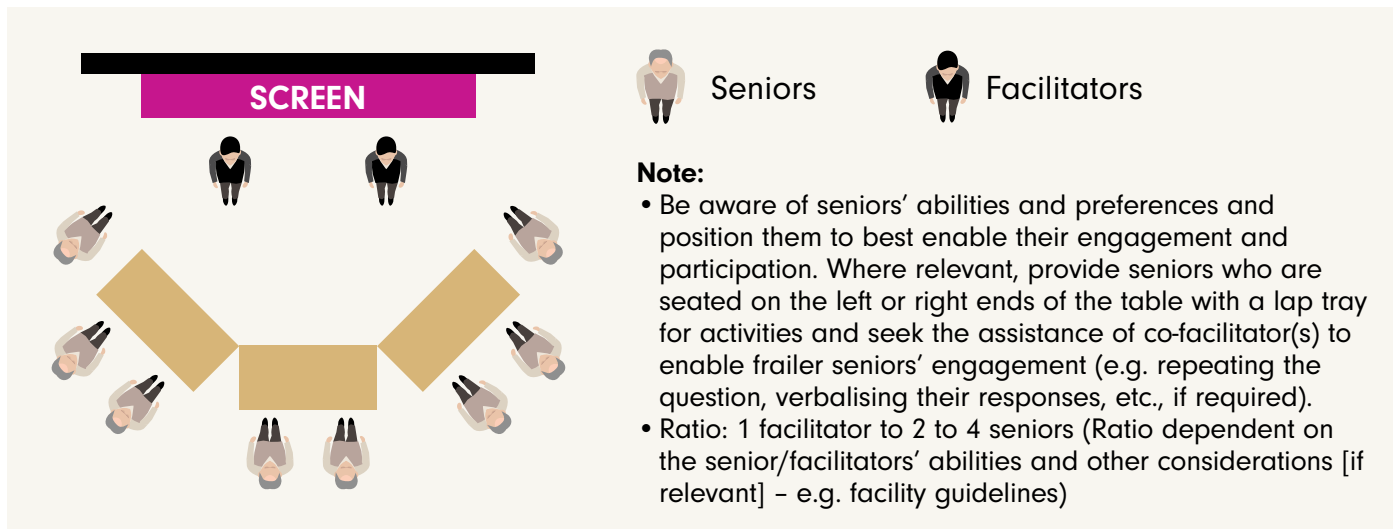
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



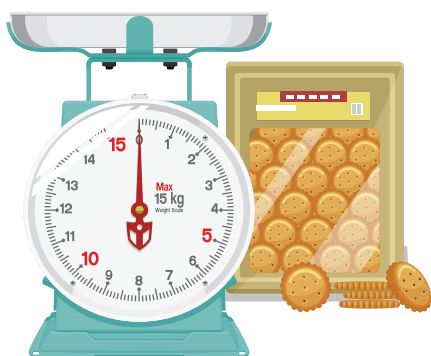
## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Traditional biscuit tin
- Spices usually sold in provision shops (e.g. cinnamon sticks, cumin, etc.)
- Vintage weighing scale
- Vintage old school snacks (e.g. ice gems biscuit, *tic-tac*, *tam-tam*, etc.)
- Coconut grinder machine  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 58** for some examples of audio tracks, photos and videos.

## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each participant introduces themselves, have other seniors greet them [e.g. Hello Mdm Chong!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.



9

Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



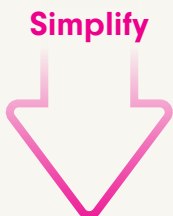
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- Did you ever buy any items from such provision shops, if yes, what did you buy?
- Were they located close to where you lived?
- If you had to buy a lot of items, how did you carry back the heavy load?
- If you could not afford to pay the full costs, did the stall owner allow you to pay them back bit by bit?
- How did they typically keep their money (e.g. in a metal can suspended by rubber bands)?
- What was typically sold in the food carts like the one in the mural?
- What produce do different ethnic groups sell?
- What was your favourite item to buy and how much did it cost?
- What is your fondest memory of eating food/shopping at stalls like this?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the display of dried goods in the provision shop, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "My Neighbourhood". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/syr95n>

## Background information

- Scan the QR code for some information relating to traditional provision shops. (Source: National Heritage Board)



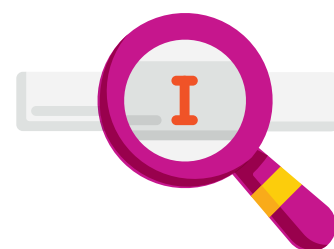
Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/ts9eix>

## Proposed search terms

- Some proposed search terms include:
  - "Traditional provision shop" AND Singapore
  - "History of provision shop" AND Singapore
  - "Traditional sundry shop" AND Singapore
  - "Mamak shops" AND Singapore
  - "Singapore minimarts"



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/zzibo0>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/nwhz48>

## Examples of related video clip(s)

- **Video 1:** The Story of a Traditional Provision Shop (Source: YouTube)
- **Video 2:** Old Times – Singapore's Provision Shops (Source: YouTube)

## Video 1:



<https://for.sg/q7u0wp>

## Video 2:



<https://for.sg/v9bhlm>

## Reminiscence Topic 8:

# Sprucing Up



Formerly at Tanjong Pagar, 39 Everton Road



### Key Tips

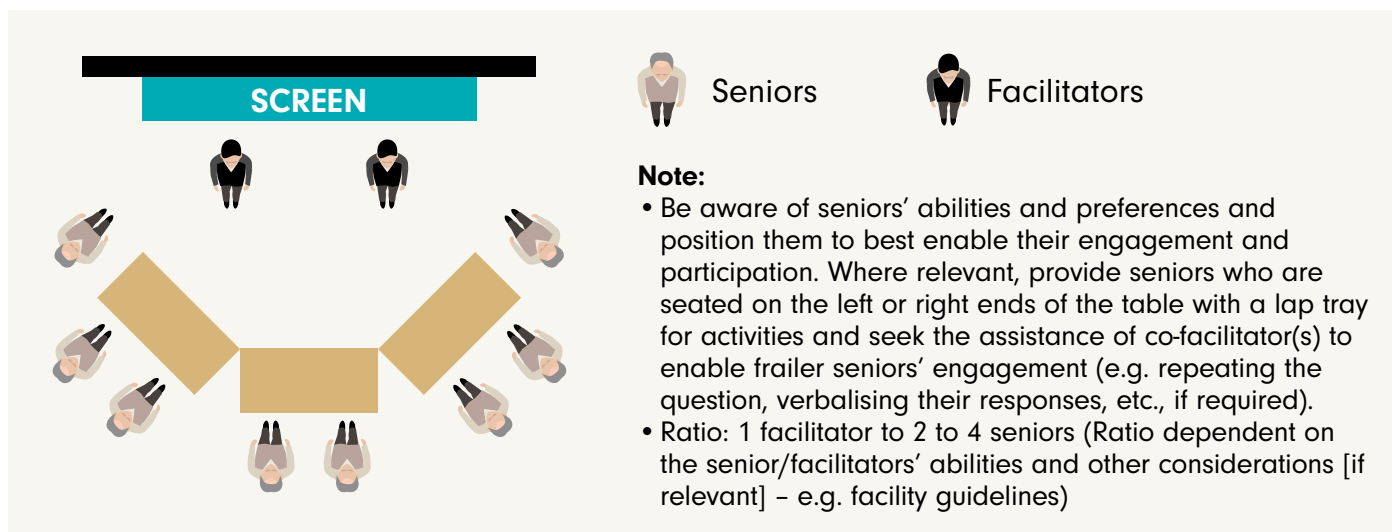
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)

### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Hair spray
- Shaving cream
- Dusting powder
- Mirror used by a barber
- Tools used by a barber  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 65** for some examples of audio tracks, photos and videos.





## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each senior introduces themselves, have other seniors greet them [e.g. Hello Mr Mohammed!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



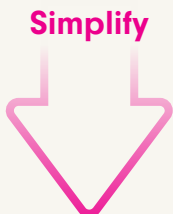
### Questions

- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- What other services did barbers provide aside from haircuts?
- What were the prices for their range of services?
- What is your fondest memory of going to the barber/hairdresser?
- What instructions did you usually give the barber/hairdresser for your haircut?
- Did you have to wait long, if yes, what did you do while waiting?
- Do such street barbers still exist in Singapore? Where else can you find them?
- What is the difference between these barbers and present-day hairdressers? Which do you like more and why?
- Freelance barbers/hairdressers are now providing services outside of their HDB flats, have you tried these services?
- What qualities do you think these street barbers had that is worth the younger generation knowing about?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the child reading a book on the wooden platform, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "Sprucing Up". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/qjk22s>

## Background information

- Scan the QR code for some information relating to roadside barbers. (Source: Thulaja Naidu Ratnala, "Roadside Barbers," Singapore Infopedia, published 2016.)



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/huzenx>

## Proposed search terms

- Some proposed search terms include:
  - "Singapore roadside barbers"
  - "Traditional barbershop" AND Singapore
  - "1960s hair salon" AND Singapore
  - "Open-air barber" AND Singapore
  - "Popular haircuts" AND "decades" AND Singapore



**Resources (For Facilitator's Use)****QR Code****Audio track**

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/atoc0q>

**Examples of related photos**

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/2cfggy>

**Examples of related video clip(s)**

- **Video 1:** Visiting the Last Surviving Street Barber in Singapore (Source: YouTube)

**Video 1:**

<https://for.sg/vn1zxf>

## Reminiscence Topic 9:

# People in My Neighbourhood



Formerly at Tanjong Pagar, 40 Everton Road



### Key Tips

Facilitators should:

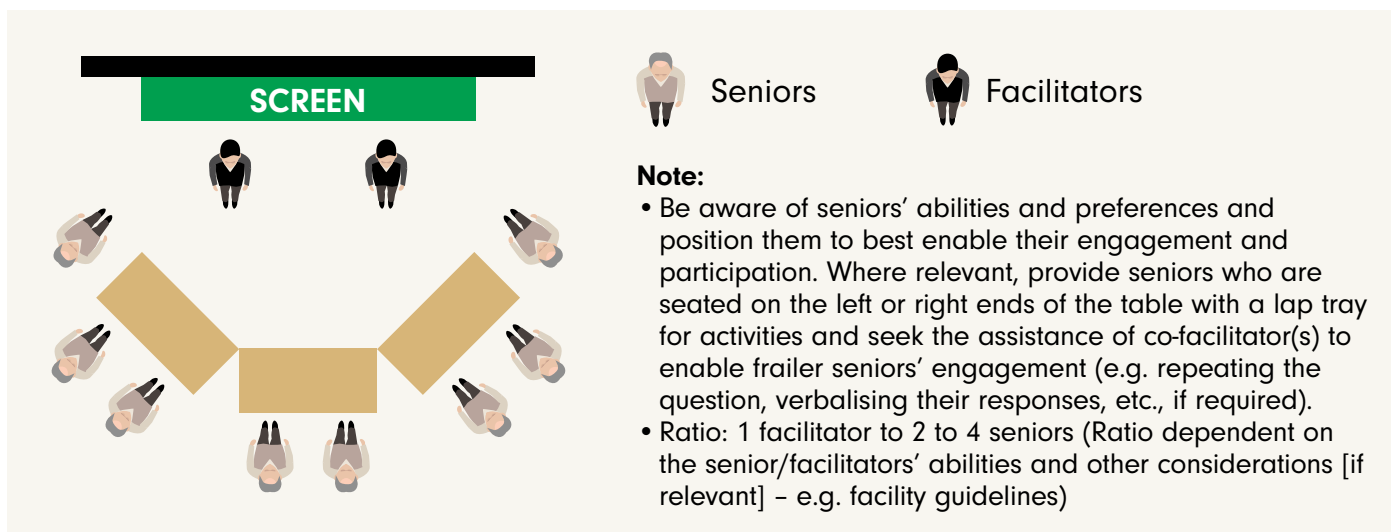
- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.). For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.



## Proposed Seating Layout



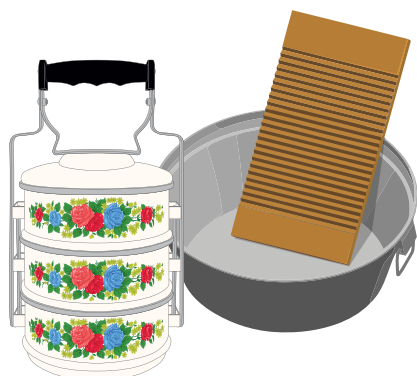
## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[Hard copy preparation: Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)



### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- *Nyonya kebaya and sarong*
- Wooden washing board
- Wooden clothes pegs
- Traditional vacuum flask
- Laundry soap bars  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 72** for some examples of audio tracks, photos and videos.

## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each participant introduces themselves, have other seniors greet them [e.g. Hello Mdm Deepa!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



### Questions

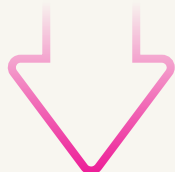
- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- Did you know of any washerwomen/*majie* and who were they (e.g. relative was a washerwoman, had a washerwoman for their home)?
- What qualities do you think was necessary in order to work as a washerwoman/*majie*?
- What are your fondest memories of playing when you were supposed to be doing chores (e.g. playing with water instead of washing the clothes)?
- At what age did you start helping out in household chores?
- Were there different chores for boys and girls, if yes, why?
- Of all the chores that you had to do, which did you enjoy and still enjoy?
- Is washing clothes this way better than the modern-day washing machine? If yes, why?
- Was there a particular soap that you used to wash clothes in this way (e.g. with a wooden washing board)?
- What was the most difficult part of washing and drying clothes this way (e.g. emptying the heavy metal tub of water)?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



### Challenge

Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



### Simplify

If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the cat on the vintage wooden chair, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.



### Questions

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.



### Consider using the following script (feel free to amend this!) to close the session

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "People in My Neighbourhood". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

### After the Session

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/fsd7fj>

## Background information

- Scan the QR code for some information relating to *majie*. (Source: Jaime Koh, "Majie," Singapore Infopedia, published 28 November 2013.)



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/64fk6h>

## Proposed search terms

- Some proposed search terms include:
  - "Singapore *majie*" AND "history"
  - "Traditional washerwomen" AND Singapore
  - "*Amahs*" AND "Singapore"
  - "Domestic helpers" AND "1950s" AND Singapore
  - "Life of *amahs*" AND Singapore



## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/d836v5>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/siq7hv>

## Examples of related video clip(s)

- **Video 1:** Singapore's *Majie* (Source: YouTube)
- **Video 2:** An Interview with a *Majie* (Source: YouTube)

## Video 1:



<https://for.sg/dex5nj>

## Video 2:



<https://for.sg/bmnqiy>



## Reminiscence Topic 10:

# My Entertainment



Chinatown, Temple Street [Gable Wall of No. 252 South Bridge Road]



### Key Tips

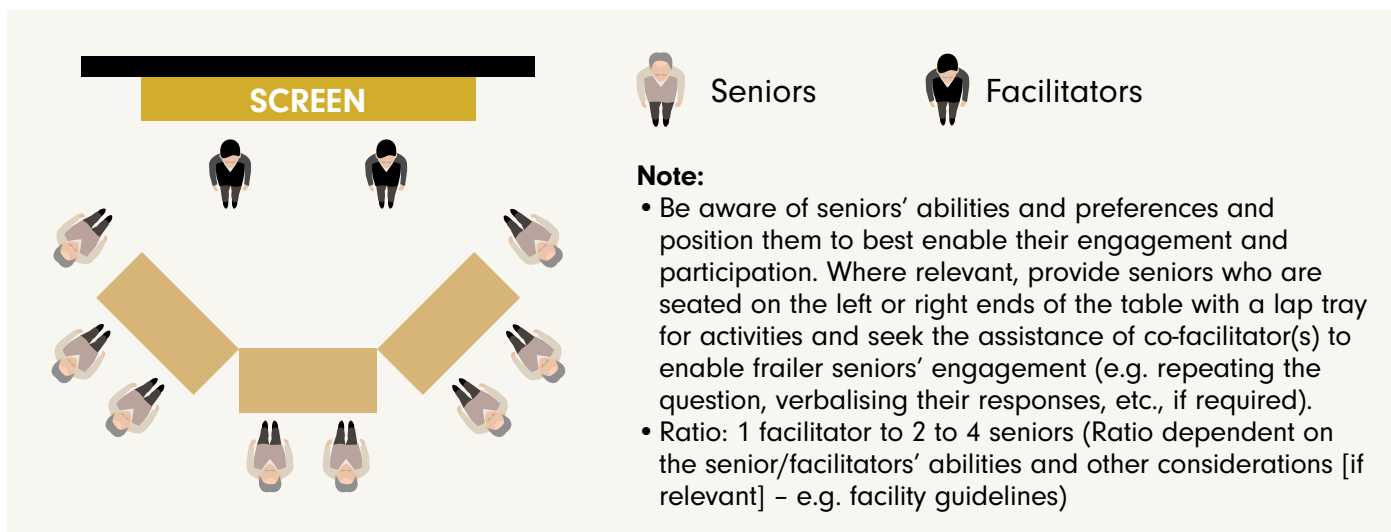
Facilitators should:

- Ensure seniors can see the mural reproductions and other related items (if provided) clearly, including hearing them (e.g. video, audio tracks, etc.) For ease of reference, these can be put together in a PowerPoint presentation deck
- Ensure that the conversation direction and activity approach support the intended activity outcomes (e.g. wellbeing, social connections, cognition, etc.)
- Listen actively, showing interest in what seniors are sharing and responding appropriately
- Invoke the senses to create a richer experiential activity
- Direct all discussions back to the group, avoiding prolonged 1:1 conversations
- Be observant and note if additional assistance is required (e.g. pairing seniors with co-facilitator(s) who can repeat questions to them or address care-related concerns)
- Share their own memories, where appropriate (This can also be a good way to warm up the group!)



See **pages 5 to 9** for other activity considerations, activity approach and facilitation tips.

## Proposed Seating Layout



## Activity Duration (Excludes preparation and set-up)

- 1 session (Up to 45 minutes, with rest intervals e.g. 2 rest intervals of 5 minutes, if required)

## Items

### Required Items

- Printed/projected copy of mural  
[**Hard copy preparation:** Printed in colour on A4-sized paper per senior, with no more than 2 copies in A3-sized paper for facilitators per group, as requested by the artist.]
- 1 large screening device (e.g. projector, projection screen, etc.)
- 1 laptop
- Stable Wi-Fi connection
- 1 set of speakers
- Tables and sturdy chairs with back and arm support (as required)

### Optional Items

[**Note:** Facilitators can consider showing photos/video clips of these items or the actual items, if feasible, to enhance the sensory aspects of the activity.]

- Chinese opera colourful masks
- Chinese opera make up box
- Make up (e.g. White base, eyeliner, etc.)
- Wooden stool
- *Tingkat*  
... and other items featured in the mural
- Audio tracks/sounds
- Videos
- Photos from the past

[**Tip:** To increase a sense of ownership, invite seniors to bring in their own items/memories related to the topic (e.g. photos).]



See **page 79** for some examples of audio tracks, photos and videos.



## Activity Steps

### Preparation

- 1 Facilitators are to familiarise themselves with the topic, related information, intended activity outcome/s, considerations, facilitation tips (see pages 5 to 9) and steps.
- 2 Review the session to assess which seniors may be suitable and to invite them to the session.
- 3 Prepare the items (e.g. printed hard copies) and/or preload them into the laptop (e.g. PowerPoint slides, photos, videos, audio track).
- 4 Set up the space, all related equipment and furniture, ensuring to test all devices before the session.
- 5 If required, the facilitator briefs the co-facilitator(s) on the activity, seniors, necessary precautions and possible facilitation/gradations (e.g. simplifying or adding complexity) to match seniors' abilities.

### During the Session

Always observe good hand hygiene practices.

- 6 Invite seniors to sit in the proposed seating layout.
- 7 The facilitator starts the session off with a self-introduction, providing a brief overview of the activity (e.g. topic, session duration) and then invites seniors to exchange greetings to break the ice.



**Consider using the following script (feel free to amend this!) to start off the session**

"Hello everyone, my name is \_\_\_\_\_ and welcome to today's session where we will be looking at some images that may be familiar to us. We would love to hear your thoughts and memories as we view these together over the next \_\_\_\_ minutes.

To begin, let's get to know one another better. Please tell us your name and how you'd like to be addressed. (While each participant introduces themselves, have other seniors greet them [e.g. Hello Mr Koh!])."

- 8 Distribute the printed murals/or project them on the screen and introduce it to seniors. Where relevant, introduce and circulate other items to provide a richer experience.

- 9 Invite seniors to share their thoughts about the mural and items or you can ask the following questions (feel free to use your own questions as long as they support the intended activity outcome and invoke the senses!) to guide the sharing.



### Questions

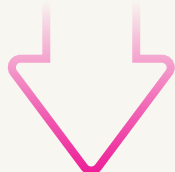
- What does this mural remind you of? (If need be, point out a few items for seniors to comment about, including sights, sounds, smells, tastes, etc.)
- Have you attended an opera performance before? If not, what other performances do you enjoy (e.g. music, movies)?
- When was the first time you saw an opera performance/other types of performances and where was it?
- Who do you usually watch such performances with?
- What dialect do you understand best for these opera performances?
- What was the cost of these streetside performances and was there an occasion for them to be staged (e.g. Hungry Ghost Festival)?
- Where can you typically find such performances now?
- What are the typical plots of such performances and why are they important (e.g. justice, filial piety)?
- Do you know of anyone who has performed in streetside operas/or other kinds of performers and what qualities do you think is important in order to be able to do this job?
- What are your fondest memories of watching performances?

What other questions might be suitable to engage your seniors? Consider who, what, where, when, why and how questions.



### Challenge

Facilitators can ask more extroverted/active seniors to describe the mural and the features that stand out to them. This can provide time for others to warm up and know better how to participate in the session.



### Simplify

If seniors need some time to warm up, facilitators can (a) play 1-2 related videos, pausing to ask questions, (b) share their own memories related to the mural or (c) go through the mural from left to right pointing out features (e.g. the man handing the *Tingkat* to the performer, etc.)

- 10 Affirm and encourage seniors as they share their thoughts and insights related to the mural and reflect in a positive light to the group about the similar/different experiences.
- 11 As the session draws to a close, seek the group's thoughts about the session.

**Questions**

- How did the memories shared make you feel?
- What did you learn about yourself and others?
- What did you like most about the session?
- What would you like to see more of/change for future sessions?
- Would you like to take part in future sessions?

What other questions might you want to ask to enhance the seniors' experience in the future?

- 12 Close the session by thanking seniors for their sharing and summarising the key insights. Where possible, highlight a point from each of the seniors or common group experiences and provide a summary of what went well and future enhancements for the session.

**Consider using the following script (feel free to amend this!) to close the session**

Thank you for joining the session today and for your enthusiastic sharing.

Today we came together to talk about "My Entertainment". Through our discussion, we shared about \_\_\_\_\_ (e.g. short points reflecting the contributions of the seniors/shared experiences). You also shared that you liked \_\_\_\_\_ and also hoped for more \_\_\_\_\_ in the future. As we wrap up, let's take a moment to thank each other for the wonderful memories we've created today. Wishing everyone a good day and see you during the next session!

- 13 The facilitator invites the seniors to thank each other/express gratitude and to bid their farewells.

**After the Session**

- 14 The space is returned to its original configuration, ensuring that all items and equipment are properly stored.
- 15 The facilitator and co-facilitator(s) discuss if any enhancements may be needed for future sessions.

## Resources (For Facilitator's Use)

## QR Code

## Photo of mural (High Resolution)



- This photo should only be used for the purpose of conducting this activity.
- If this is printed, please adhere to the artist's requirement of printing 1 A4-sized copy per senior and a maximum of 2 A3-sized copies per group.



<https://for.sg/l58x94>

## Background information

- Scan the QR code for some information relating to Chinese opera. (Source: National Heritage Board's Roots website)



Now that you have explored the background information, what other resources can you find to help enrich this reminiscence session?



<https://for.sg/3yr2ab>

## Proposed search terms

- Some proposed search terms include:
  - "History of Chinese opera" AND Singapore
  - "History of *wayang kulit*" AND Singapore
  - "Types of Chinese opera" AND Singapore
  - "*Wayang* street performance" AND Singapore
  - "Behind the scenes" AND "Chinese opera performance" AND Singapore





## Resources (For Facilitator's Use)

## QR Code

## Audio track

- This can be played in the background while going through the slides. This will provide a more immersive experience for seniors during the session. (Source: YouTube)



<https://for.sg/sqwuh6>

## Examples of related photos

- These photos can be used to supplement the reminiscence session. Kindly note that these should only be used for the purpose of conducting this activity. (Photos courtesy of National Archives of Singapore)



<https://for.sg/cmafqk>

## Examples of related video clip(s)

- **Video 1:** The Show Must Go On: Chinese Street Opera (Source: YouTube)
- **Video 2:** Wayang Kulit (Source: YouTube)

## Video 1:



<https://for.sg/f2shrh>

## Video 2:



<https://for.sg/f4npha>

# Self-Care Tips for Caregivers

Self-care includes anything that can be done to keep you healthy and happy. Engaging in activities you enjoy, even if for a few minutes, can give your mind and body a chance to reset.

Through reminiscence activities with your loved one/senior, you can find out more about their history, likes and dislikes as well as information which can be beneficial in the caregiving journey.

**Consider these other activities and practices for sustainable positive self-care:**



**1** Exercise regularly,  
or as often as you can



**2** Join a Caregiver Support Network  
(Visit <https://for.sg/dh-csn> for a list of available support groups of caregivers)



**3** Exercise self-compassion  
and celebrate small  
victories



**4** Practise simple  
breathing exercises  
for 10 minutes a day



**5** Try a simple self-mindfulness  
practice like yoga, taichi and deep  
relaxation techniques



**6** Pamper yourself  
(e.g. going for a  
massage)



**7** Remain socially connected  
by talking to supportive  
friends and family members



**8** Eat a balanced diet  
and get quality sleep



**9** Spend time  
doing activities  
you enjoy



**10** Ask for help when  
you need it

Find out more about self-care through the resources below!

#### Importance of Self-Care



[www.for.sg/aic-selfcare](http://www.for.sg/aic-selfcare)

#### Living with Dementia: A Resources Kit for Caregivers - Caring for Yourself



<https://for.sg/dem-resources-book2>

## Understanding Dementia

Take the “Understanding Dementia” e-learning course to learn more about:

- How to identify the signs and symptoms of dementia
- Different types of dementia and its risk factors
- Ways to reduce the risk of having dementia
- Basic communication tips when interacting with persons living with dementia
- Dementia-Friendly Singapore initiatives and how you can play a part

#### Understanding Dementia



<https://for.sg/understand-dementia-2023>

# Other Reminiscence Resources

Check out these other reminiscence resources!

(Kindly note that all activities/resources should first be reviewed for suitability by staff/caregivers, if required.)

## QR Code



**Photo credit:**  
National Heritage Board

### "Conversation Starter Kit"

Walk down memory lane with the National Heritage Board's Conversation Starter Kits that come in 4 themes – Places, Lifestyle, Jobs and Profession, and Rituals and Celebrations. These kits contain images of olden day Singapore, accompanied by a set of questions in 4 languages (English, Chinese, Malay and Tamil) to encourage conversations.



<https://for.sg/6vhm94>



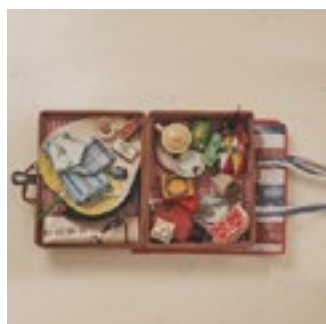
**Photo credit:**  
National Heritage Board

### [For CCOs only] "Heritage Trunks"

Facilitate meaningful interactions with the National Heritage Board's Heritage Trunks, which contain authentic handling objects from the 1940s to 1970s. Designed for care staff, volunteers, and seniors, these thematic trunks help foster rich reminiscence experiences.



<https://for.sg/s9xr7i>



**Photo credit:**  
Dementia Singapore

### "Journey with the Arts & Dementia" (JADe)

Use JADe's digital reminiscence kits to encourage meaningful conversations with your seniors. Covering themes like childhood games, kitchen tools, household items, and wedding traditions, each kit includes visuals and prompts to spark memories and engagement. Simply access them on a laptop or tablet to begin.



<https://for.sg/dxf62w>

## QR Code



**Photo credit:**  
National Museum of  
Singapore

### "Moving Memories" Resource Kit and Colouring Activity

The National Museum of Singapore's Moving Memories multimedia installation presents selected life-sized murals by Yip Yew Chong that bring visitors through familiar scenes of Singapore's past and present. Caregivers and seniors alike can engage in lively conversations when they use this accompanying resource kit to reminisce and create a series of art pieces inspired by the murals.



<https://for.sg/0bvriy>



**Photo credit:**  
National Heritage Board

### "My House of Memories" App

Explore objects from the past and share memories together with this app for persons living with dementia and their caregivers. A collaboration between the National Heritage Board and the National Museums Liverpool, it features a selection of familiar objects brought to life through multimedia features and images.

For iOS users

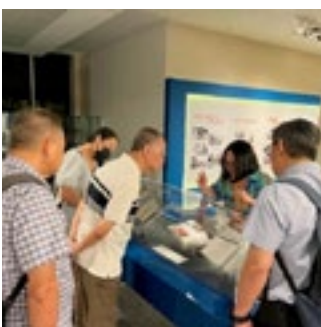


<https://for.sg/t3bt01>

For Android users



<https://for.sg/lre7qa>



**Photo credit:**  
National Library Board

### "LearnX Singapore"

Singapore history and heritage are steeped in our everyday lives without us being consciously aware of it. Learn a piece of history and heritage through the National Library Board's LearnX Singapore's wide range of programmes, playlists and resource guides to engage your seniors in meaningful conversations around Singapore.



<https://for.sg/8f8gev>

## QR Code



**Photo credit:**  
National Library Board

### National Library Board (NLB) "Memory Game Cards"

The NLB Memory Game Cards offer a wonderful opportunity to engage with your seniors by walking down memory lane and encouraging conversations about both past and present Singapore. The game challenges seniors to match pairs of cards featuring nostalgic photos of Singapore, making it a fun and interactive way to connect with the seniors in a meaningful way.



<https://for.sg/886mcp>



**Photo credit:**  
Moral Home for the Aged Sick

### National Library Board (NLB) "Reminiscence Library Package"

Engage your seniors with the NLB Reminiscence Library Package, prepared by the National Archives of Singapore. This resource includes guides and presentation slides across six themes - All Kinds of Everything, *Kampong* Days, Places & Events, Music from the 50s to the 90s, Customs and Traditions: Birth Rites, and National Campaigns.

NLB Reminiscence Library Package:



<https://for.sg/61h174>

Video on How to Use the NLB Reminiscence Library Package:



<https://for.sg/uay83z>



# Other Activity Resources

Looking for other activity resources to meaningfully engage seniors? Check out the following activity toolkits developed under AIC's Wellness Programme!

The resources aim to engage a wide spectrum of seniors – from the well to the more frail, living in the community and also those using Community Care services (e.g., Nursing Homes, Centres).

**(Kindly note that all activities should first be reviewed for suitability by staff/caregivers, if required.)**

**Scan the QR code to find out more:**

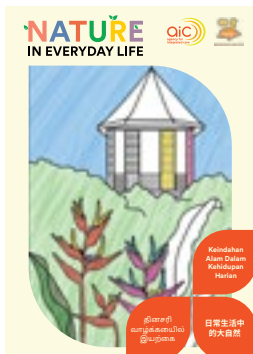


<https://for.sg/aic-wellness-programme>



<https://for.sg/wellness-programme-video-list>

## QR Code

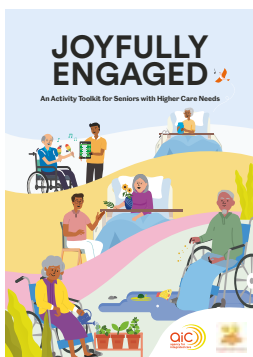


### "Nature in Everyday Life" Illustration Booklets for Seniors

This activity booklet consists of 59 nature-themed images depicting the sights, sounds, tastes and everything familiar about Singapore. Developed by AIC and available in 4 languages, this resource is suitable for a wide range of seniors as illustrations are tiered in terms of complexity.



<https://for.sg/aic-natureeveryday-p>



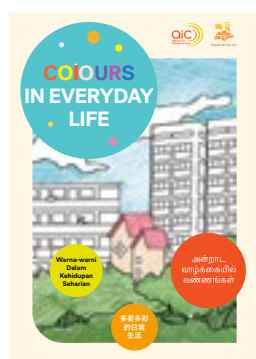
### "Joyfully Engaged" - An Activity Toolkit for Seniors with Higher Care Needs

This activity toolkit features 12 activity ideas for seniors requiring higher care needs (including bedbound seniors) and was developed by AIC in collaboration with Singapore Institute of Technology (SIT).



<https://for.sg/aic-joyfullyengaged-toolkit>

## QR Code



### "Colours in Everyday Life" Illustration Booklets for Seniors

This activity booklet consists of 56 illustrations depicting the sights, sounds, tastes, and everything familiar about Singapore. Developed by AIC and available in 4 languages, this resource is suitable for a wide range of seniors as illustrations are tiered in terms of complexity.



<https://for.sg/aic-colourseveryday>



### "Arts, Ageing and Wellbeing" Toolkit

This activity toolkit showcases 8 arts-based activities suitable for a broad spectrum of seniors. It was developed by AIC in collaboration with the Nanyang Technological University.



<https://for.sg/aic-artageing-toolkit-hr>



### "SPARKS! Art for Wellness" Toolkit

This activity toolkit includes 20 art activities using a wide range of techniques and is suitable for frail seniors. It was developed by AIC in collaboration with the National Arts Council.



<https://for.sg/sparks-toolkit>

## QR Code

**"Fit & Fun" – Adaptive Sports Toolkit**

This activity toolkit comprises 14 adaptive sports (modified sporting activities) that are suitable for players in wheelchairs. It was developed by AIC in collaboration with Sport Singapore (SportCares).



<https://for.sg/fit-fun-toolkit>

**AIC's Activity Repository**

This is a one-stop site for seniors, healthcare staff, volunteers and caregivers to discover a wide range of activities and resources from our partners that can be enjoyed by frailer seniors!



<https://for.sg/aic-activity-repository>

**[For Facilitators] "Planning Effective Group Activities" Facilitation Guide**

This guide offers tips to Community Care staff and volunteers who plan and conduct group activities for Community Care clients. This resource was developed by AIC in collaboration with Occupational Therapists.



<https://for.sg/planning-activities-p>

# References

- <sup>1</sup> Webster, J. D. (1995). Adult age differences in reminiscence functions. In B. K. Haight & J. D. Webster (Eds.), *The art and science of reminiscing: Theory, research, methods, and applications* (pp. 89–102). Taylor & Francis. (<https://psycnet.apa.org/record/1995-97396-007>)
- <sup>2</sup> Willemse, B.M., Depla, M.F., & Bohlmeijer, E.T. (2009). A creative reminiscence program for older adults with severe mental disorders: results of a pilot evaluation. *Aging & Mental Health*, 13(5), 736-743. <https://pubmed.ncbi.nlm.nih.gov/19882412/>
- <sup>3</sup> Korte, J., Drossaert, C.H., Westerhof, G.J., & Bohlmeijer, E.T. (2013). Life review in groups? An explorative analysis of social processes that facilitate or hinder the effectiveness of life review. *Aging & Mental Health*, 18(3), 376-384. <https://pubmed.ncbi.nlm.nih.gov/24107227/>
- <sup>4</sup> Webster, J. D., & McCall, M. E. (1999). Reminiscence functions across adulthood: A replication and extension. *Journal of Adult Development*, 6(1), 73–85. <https://doi.org/10.1023/A:1021628525902>
- <sup>5</sup> Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 6(3), 227–260. <https://doi.org/10.1007/s10902-005-3889-4>
- <sup>6</sup> Aked, J., Marks, N., Cordon, C., & Thompson, S. (2008). *Five ways to wellbeing: The evidence*. The New Economics Foundation. <https://bit.ly/2LDLWrl>

# Notes



A notepad with a cream-colored background and rounded corners. On the left side, there is a vertical column of 20 circular punch holes. The notepad contains 20 horizontal lines for writing. The entire notepad is set against a light blue background.

