

MUSIC REMINISCENCE

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WHAT IS MUSIC REMINISCENCE?

A form of therapy for the young ones and elderly as well. It is an engaging medium that can trigger:

- ❑ Long Forgotten Memories
- ❑ Reduce Anxiety

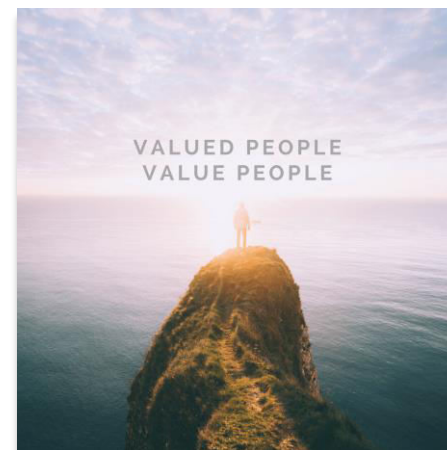


PICS OF OLD SINGAPORE



BENEFITS OF REMINISCING

- ❑ Communication
- ❑ Social interaction and connection
- ❑ Feeling of belonging
- ❑ Self-worth and achievement
- ❑ Sharing of ideas, problems and concerns
- ❑ Opportunity to learn about the past
- ❑ Promote use of Five Senses





Thank You