



Reminiscing Therapy Kits

Hurstville Museum & Gallery

Reminiscence therapy is an activity that involves the active recollection of life experiences. It allows individuals to relive positive personal events from their past in a way that is vivid and engaging and encourages them to communicate those experiences to a listener.

Hurstville Museum & Gallery's Reminiscence Therapy Kits are available for hire. This is a great way to bring the Museum & Gallery to your aged care facility.

Each kit contains objects, photographs and a manual for therapists and activity coordinators. There are three kits to choose from:

- Put your glad rags on
- Young at heart
- At the shops

Bookings

Hire cost: \$68.00 per kit, for a three-week hire (excludes delivery to and from your facility). Minimum 2 weeks' notice required.