



MEMORY
LANE
GAMES

Real World Case Study:

*Enhancing In-Home Dementia Care
Through Reminiscence-Based Interventions*

INTRODUCTION

This case study examines the efforts of Jann'e Gutierrez, the owner of Always Best Care Senior Services, to enhance dementia care within her in-home care organization. Jann'e's goal was to find effective ways to engage clients living with moderate to advanced dementia. After attending a spotlight event featuring Memory Lane Games, a reminiscence-focused digital platform, Jann'e decided to incorporate it into her caregiving practices. She aimed to use the games to stimulate conversations and evoke positive memories, thereby improving the quality of life for her clients. Jann'e introduced Memory Lane Games across Always Best Care by equipping caregivers with tablets loaded with the app, enabling them to integrate the games into home visits. The case study focuses on two clients, Mrs. P and Mrs. J, highlighting how the intervention impacted their engagement and interactions.

OVERVIEW

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There are thousands of games available to access. It is meant to be a way to more fully relate to your client or loved one and to encourage conversation; more specifically, to elicit memories. During a visit with a client struggling with recent recall, playing an animal-related game helped them share stories about childhood pets. The smile on their face as they relayed these memories was truly rewarding

Sheila C - Caregiver, ABC Tempe

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The intervention aimed to incorporate reminiscence-based activities using the Memory Lane Games app as part of the daily care routines for clients with dementia. The app provides a range of games designed to prompt memories and foster conversation on familiar topics such as pets, food, and places. Jann'e hoped to provide caregivers with a practical tool to engage clients more deeply and encourage meaningful social interaction. Jann'e purchased tablets for her team, trained caregivers on using the Memory Lane Games app, and supported them in introducing it to clients. Despite initial skepticism from some caregivers, the program showed that even clients with advanced dementia could experience meaningful engagement, sparking moments of joy and connection.

IN-HOME CARE OUTCOMES



Enhanced
Mood



Improved Social
Interaction



Increased Cognitive
Stimulation



Reduced Anxiety
and Agitation



Reduced
Isolation



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IN-HOME CARE OUTCOMES: MRS. P

Mrs. P had experienced rapid progression in her dementia over the previous nine months and was struggling with day-to-day recall. Jann'e brought a tablet loaded with Memory Lane Games to her home and demonstrated its use to Mrs. P's caregiver. Initially, the caregiver was doubtful that Mrs. P would be able to engage with the games. However, as soon as they began a game featuring animals, Mrs. P started to **recall childhood stories** about the pets she and her brother had. She **enthusiastically described** which cat belonged to her and which was her brother's, sharing details of her childhood that had been difficult to access in recent months. This breakthrough provided Mrs. P with an opportunity to **connect and reminisce with her caregiver**, demonstrating the potential of the games to facilitate engagement even for individuals with significant cognitive decline.

IN-HOME CARE OUTCOMES: MRS J

Known for spending much of her time watching television, Mrs. J was initially hesitant to try the games. Jann'e encouraged the caregiver to introduce the games daily for a week, suggesting that even a brief attempt could prove beneficial. After some encouragement, Mrs. J began enjoying the sessions, which soon became a part of her routine. Her caregiver was able to turn off the television during gameplay and noted that the games **sparked lively conversations**, resulting in a **positive shift in Mrs. J's mood** and a reduction in passive screen time.

INTERVENTION PLAN

- Introduced Memory Lane Games to caregivers for use during home visits.
- Provided training on how to facilitate reminiscence activities using the app.
- Encouraged caregivers to engage clients through game selection based on individual interests and preferences.
- Collected feedback from caregivers to adjust the approach and improve engagement.

FREQUENCY OF INTERVENTION

- Implemented games during each home visit, aiming for daily engagement.
- Each session lasted between 10 to 30 minutes, tailored to the client's level of engagement.
- Encouraged consistency to ensure clients received regular cognitive stimulation.



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STRUCTURE OF INTERVENTION

- 1 Introduction to the Game**

Caregivers selected a game topic that was likely to trigger positive memories for the client, such as pets or favorite foods.
- 2 Active Engagement**

The client participated in the game with guidance from the caregiver, who would prompt discussions and provide assistance as needed.
- 3 Reflective Conversations**

After the game, caregivers would continue the discussion, encouraging the client to share more memories related to the game's topic.
- 4 Adapting Based on Feedback**

Feedback was collected from caregivers to make adjustments to the approach, such as varying the game topics or session length to better suit individual preferences.

CONCLUSION

This case study highlights the potential of the use of reminiscence-based digital interventions for individuals living with dementia in an in-home care setting. The use of Memory Lane Games within Always Best Care Senior Services fostered moments of joy, improved engagement, and facilitated meaningful interactions between clients and caregivers. These outcomes underscore the value of integrating the app into careplans and the potential to provide person-centered service which improve quality of life to clients and their families.

