Reminiscence is a vital way to stimulate communication and promote confidence and self-worth in people with dementia. This practical guide is designed to give those who care for people with dementia a clear sense of how reminiscence can be used to greatly improve their quality of life. The book explains how reminiscence can be used to help people with dementia to:

- Recall past experiences
- Improve communication
- Promote well-being
- Enhance self-esteem
- Enhance the person's sense of identity

The guide includes:

- Tips for using reminiscence in different settings
- Case studies of successful reminiscence programmes
- A glossary of terms

The Practical Guide to Good Practice in Dementia Care: A Guide to Good Practice gives a clear and comprehensive guide to the use of reminiscence in dementia care. It is an invaluable resource for all those working with people with dementia, including care staff, family members, and volunteers.