



Scrapbooking Your Rehabilitation

It's time to embrace your creative side! Scrapbooking is a great way to remind yourself of what you have done, where you have been, the people you have met, and what you've accomplished. For those of us with memory impairments, there might be no better way to remind yourself of your past than to sit down quietly looking at pictures in a beautiful book that you made or that a family member made for you! Monique's mother did just that! She made a scrapbook for her daughter of her rehabilitation, the people she met, and all the milestones she accomplished! We were lucky enough for Monique to share her book with us and we hope you enjoy it too!

"In the picture, the scrapbook was made by my mother and given to me for my birthday after I got out of the hospital. It was something I wanted and asked for since I wanted to remember all the people at the rehabs and hospitals after I left. I then started doing scrapbook. The main thing is, that it's something to do. The other is - well - having a scrapbook helps you go back and see really nice pictures you have and things you have done in the past. " -Monique

Scrapbooking tips

- scrapbooking doesn't have to be expensive- pick up a book at Wal-mart, use your computer to make less expensive cutouts, and dollar stores sell plenty of stickers, paper, and other scrapbooking materials
- draw up a layout before you start gluing everything together- what do you want to have in your scrapbook? Is there a theme?
- not very artistic? Try buying a scrapbook kit (available pretty much anywhere crafts are sold) which come with backgrounds, cutouts, stickers, etc.
- Scrapbooking is great to do alone or with a friend
- Don't have pictures of the people you want to include in your scrapbook? Ask them to provide you with one or to take a new one

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Visit www.neuroconnect.ca for more resources and information