



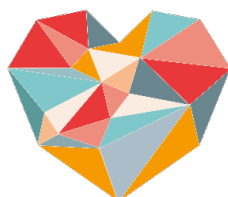
# Books & Do



[hannn.eu](http://hannn.eu)



**Biblionet**  
Groningen

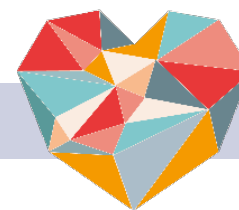


Dementia  
in Cultural Mediation



With the support of the  
Erasmus+ Programme  
of the European Union

# The activity



## Name of the activity

The name of this activity is: **'Book & Do'**.

## Summary

From a book, the activity Books & Do is created. All kind of books are possible: a cookbook, a travel book, a book about clothes or a book with stories.

By listening, talking or doing something with appropriate attributes and/or activities relevant to the book, different senses are appealed to so that people with dementia really experience the topic or theme.

For this specific activity travel books were chosen. One is taken on a journey through the use of books and pictures.

The person with dementia who participates in the activity, chooses from different travel books and destinations a number of images that he or she feels something with. This is where the conversation starts.

It is of course not without reason that someone chooses a particular book or image. Often there is already a certain memory or feeling attached to it. Following the conversation, an image is chosen and that is the place where the person participating in the activity, will go.

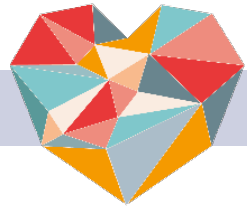
The experience becomes complete because people can then see themselves in the surroundings of their travel destination via a green screen and monitor.

Seeing oneself in this environment is of course quite an experience, and again a good reason to talk about with each other.

In conclusion, a picture is made of the moment, which is printed on the spot and taken home. A beautiful reminder of this moment and fun to talk about later with family and friends.

The memories and feelings that come up don't always refer to places someone has been or wanted to go. It's also sometimes in the details. For example, one participant came across sheep in a book. She was suddenly reminded of the cardigans she used to make of sheep's wool.

# Content



## Target group

This activity is suitable for people in the early or middle stages of dementia. But of course someone who is already experiencing more impact from dementia can also join in just for fun. It is accessible for people with dementia who still live at home but also for people who already live in a care institution.

A physical disability is not a problem. For someone who is visually impaired, the activity may be less interesting but still of course very welcome.

## Objective

This activity takes participants to a place of wonder.

Images, art and creativity are ways to escape reality. For someone with dementia, reality can be confusing and not always pleasant. With Books & Do, that person gets some space in their head, feelings and thoughts by being somewhere else. A place that person has fond memories of or perhaps has always wanted to visit.

## Partners

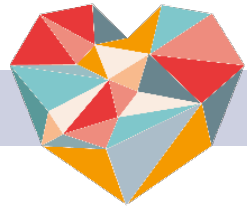
Depending on where the activity is organized, additional partners or organizations are needed.

A library is ideally suited for this activity as this is obviously a place where many books and themes are present and these locations are easily accessible.

However, the activity can also be organized by and at other (cultural) organizations, care institutions or social initiatives. Everyone has books that can be used for this.

The artist and leader of Books & Do can also provide the activity on location since all the materials and equipment used are mobile. Books within a particular theme can then be taken from the library.

# Practical



## Venue

'Books & Do' is an indoor activity and, in addition to a library, can be organized at any location that is easily accessible and has a number of facilities:

- The room must be at least 3 x3 meters, preferably larger. This is to have 2 meters distance between the monitor, green screen and the iPad on tripod.
- A wall of at least 2 meters without windows or bright lights. This is where the green screen will be placed and it is important that there is no light behind it.
- On or near this wall is an electrical outlet.
- A monitor or projector is desired (can also be brought by the artist or leader).
- The possibility to place a table with chairs for about 8 persons.
- The location is accessible for people with disabilities and people with a walker or sitting in a wheelchair.

## Day, time & duration

The activity can be organized at any time and in different locations.

Reserve ample time for this activity, around 2 to 3 hours. It can be shorter but in addition to picking out the images, engaging in conversation with each other and retrieving memories of destinations and photos is also a big part of the whole experience.

A morning is very suitable for this activity as one is generally still fresh and active.

## Group size

5 to 6 people is a good number but this may also depend on the space available at a venue. Don't make the group too large as it's important to have time and attention for everyone's stories.

## Supervisors and hosts

In addition to the person leading the activity and taking the pictures, two more supervisors are needed. These can be two employees/volunteers from the library or from the location where the activity takes place. They will keep the conversation going with the participants and can already help to look at and choose the books and pictures.

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## Materials & facilities

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The following materials are needed:

- A green screen (green sheet).
- A monitor.
- Various travel books.
- An iPad with the app Veescape on it (that is what the images will be created/uploaded with).
- Tripod for the iPad.
- Connection cable from the iPad to the monitor (hdmi or vga input).
- Small printer for printing the photo that the participant will receive and take home.

Tea, coffee and something sweet will be offered and must be present.

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## Costs

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If the activity is organized in the library, in most cases there are no costs.

If the activity is requested at another location, then there is a cost for the artist/leader of the activity and for any material.

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## Name tags

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A name sticker for everyone is recommended so that no one has to remember names. People can address each other personally to strengthen social contacts.

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## Memento

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A photo is taken of the moment someone stands in the chosen image, which is taken home. A beautiful reminder of this moment and fun to talk about later with family and friends.

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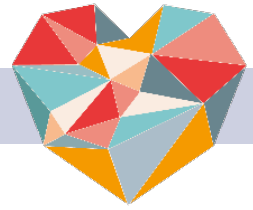
## Afterwards

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Photographs will be taken during the activity (after permission). These photos can be shared on websites and the social media channels of the organizations involved. But can also be sent to family of the participants or the participants themselves.

From the person who has participated in the activity, it can be nice to send the photo taken with their chosen image as a card to someone with the message of "hey, look, I've been on vacation!"

# Communication & Registration



## Communication

Through a combination of flyers and messages via digital channels (website, social media), the activity is brought to the attention.

Simple language and pictures are used so that everything is easy to understand.

Flyers or posters can be put up on local notice boards and spread within the organizations involved and to visitors. The activity can also be shared within own networks and other channels for residents and visitors.

## Registration

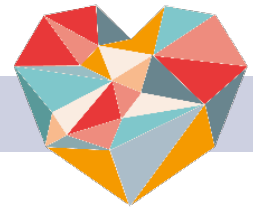
Since a maximum number of participants is recommended, it is important to work with registration. This also provides the necessary contact information so that information can be sent about the location, time and other practical information.

Registration at the library itself can be done via a registration form on the website.

If the activity is organized at another location, registration goes through the activity leaders there.

In all cases, the person who registered will receive a confirmation e-mail with more information about the activity.

# Description & Program



## Preparation

Set up the table and chairs and make it cosy. It is nice if the decorations match the theme.

Put a selection of travel books and images on the table.

Make sure the coffee/tea and sweets are ready so people can join in when they enter the room.

## Program

Give everyone a warm and personal welcome upon entry. Once everyone has found a seat, the leader and facilitators briefly introduce themselves.

A round of introductions from all participants follows to create a familiar, welcoming atmosphere.

Once everyone is seated and has a cup of coffee or tea, the books and images can be slowly pointed out. What do you see? What appeals to you? What do you think we will do? What is someone responding to? Start a conversation about that.

Explain calmly what the intention is and what is going to happen. Do not use a very structured approach to the steps and times. Let it happen. Look at the people and react to them.

Pay attention to someone who is perhaps a bit quieter and does not pick up a book or picture. Sit down with that person and start looking together.

Focus on an image that clearly speaks to the participant and ask some questions. What would it be like to be there? Is this a familiar place? What would you like to do if you were there? Then choose the final photo to be used further and take this person to the green screen.

The green screen can be set up in a corner in the same room but also in an adjacent room. This depends on the location and will be agreed on beforehand.

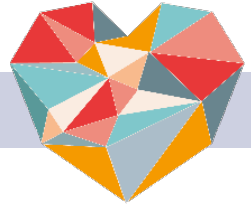
Using the app Veescape on the iPad, take a picture of the image being used and set it up (to be seen on iPad and on the monitor). While waiting for this, another supervisor can keep the conversation going in the meantime with the others (if necessary).

Make sure that the person standing in front of the green screen can see themselves clearly on the monitor. If the person in front of the green screen moves, that movement will also be seen in the image on the monitor. Engage in conversation again. What does the person see and feel? What would this person like to do now? Cheering on the mountain or enjoying the sunshine? Wait for a nice moment to take the picture.

When the photo is taken, this participant goes back to the coffee table and the next one may go to the green screen. One supervisor always stays at the coffee table with the remaining participants. Once everyone has had the travel experience, the photos are printed and handed out. Again, it gives plenty to talk about to see and hear where everyone has "been" and stories and memories are shared.

Round up and ask all participants how they experienced this morning. Take time to say goodbye to everyone personally.

# Evaluation



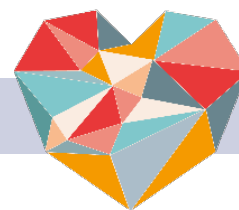
For finishing up the activity, participants are asked how they experienced it. As a group, they talk about it afterwards. What did they think of it? What did they feel?

Afterwards there is also an evaluation with the organization(s) involved and the supervisors. What stood out, what went well, what could be done differently next time.

Remarks are noted so that these points can be taken into account next time the activity will be organized.



# Checklist, when to do what



## One month before the activity

- Choosing location.
- On location, look at space and facilities available.
- Agree on what theme, what books.
- How much guidance is needed, how many supervisors.
- Arrange the needed supervisors and any other help.
- Prior notice of activity.

## Two weeks before the activity

- Send invitation, put up flyers, post on website and social media channels.
- Once again visit the location and have a follow up appointment with the local activity leader.

## The week before the activity

- Registration/participation confirmation.
- Send mail with practical information about location and activity.
- Check materials and equipment and check for sufficient materials (including photo paper for printing).

## The day before the activity

- Check equipment and charge all devices.
- Gather and collect materials.

## Day of the activity

- Be present 60 minutes prior to the start of the activity.
- Get everything ready and set up.
- Prepare coffee/tea and sweet.

## Corona

Corona or some other special circumstance may pose problems for the activity but no major obstacles. As long as small groups can get together, it can be done.

# Points of attention

