

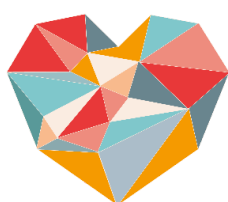


Ikebana

Floral art and people with dementia: Ikebana in Matia

Voluntary Action based Ikebana carried out by Eusebi Zubillaga

matia
vivir con sentido

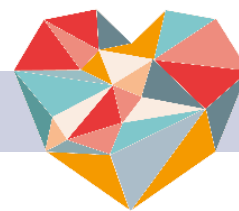


Dementia
in Cultural Mediation



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

The activity



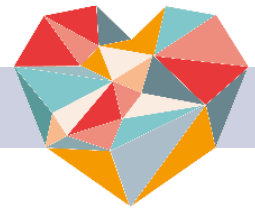
Name of the activity

Ikebana.

Summary

Ikebana, from the Japanese "Living Flower", is a term used to refer to the art of flower arrangement in Japan. As a result of her work as a volunteer in Matia centres, Eusebi has found an intimate connection between people with dementia and flowers.

Content



Target group

Ikebana is a floral that can be enjoyed by all people. People with dementia and different degrees of impairment can benefit from the intervention.

Objective

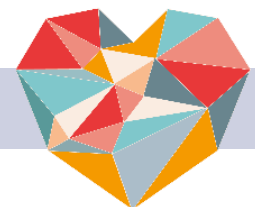
The objectives of this project are:

1. the main thing is to make them feel valued and loved again.
2. to make them enjoy the moment and find excitement through a new daily incentive.

“Flow and that you are the Ikebana. The concept is: I am the flower, I start teaching the class and each one of you is the flower. “We are going to put the hair comb, the long skirts ...” It is like stripping the rose to keep the essence. Find a representation of each person in the flower”.

Partners

Ikebana requires a trained professional who can develop the sessions with one or more people with or without dementia. The experience described was developed in the format of voluntary action in collaboration with a nursing home for older people. It is also essential to involve the family members, showing them the arrangement once it is finished and corrected.



Practical

Venue

The activity takes place in a room in a living unit of a residential facility for the elderly. The people participating in the activity live and receive care in the residential facility. The room for the activity has a few basic requirements: a table, chairs to sit on (not necessary for wheelchair users), natural light and a pleasant room temperature.

Day, time & duration

The activity was developed with a variable frequency with a periodicity of at least once a month. The activity lasted about one hour.

Group size

The activity was carried out in a group of 7 to 8 people. It could be done with smaller groups, but possibly with larger groups the volunteer would lose control and capacity to attend to each person as required.

Supervisors and hosts

During the sessions just the volunteer carried out the activity with the participants.

Materials & facilities

Each composition needs two or three flowers. The volunteer buys the best flowers she can.

Flowers are purposely chosen based on the volunteer's knowledge of the people with whom she participates, different for each one.

Each participant should have a pottery of different colored shapes, and looked for each one to like pottery.

Everyone should have an element called "Kenzan" (round iron base with a structure of spikes that makes the flowers stay).



Other required materials are: a bag, water, special scissors and other stuff for carrying the flowers.

Costs

As the activity is performed by a volunteer there were no costs involved in the activity for the participants. However, the cost of flowers for each session, 1 ceramic pot for each participant and a kenzan for each participant should be taken into account. Although these are usually materials that the Ikebana professionals have in their possession, the number of people and the provision of materials should be contemplated in the design of the activity. The kenzan is affordable (around 10 euros), but at least 1 kenzan per participant should be considered.

Name tags

There is no need to use name tags. During the first session the group gets to know each other and a relationship is created. As the number of participants is low, names are known in the group in a natural way.

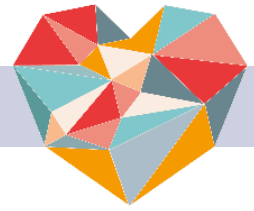
Memento

The flower arrangements remain in view and are shown to the family members conceptualizing them from the philosophical point of view of Ikebana. The floral arrangement is placed at the choice of the participants, in their room, in places of transit in the center, decorating the living units, etc.

Afterwards

After the development the floral arrangement stays remaining in view providing the social environment and for the person himself an art expression which communicates the inner self of the person.

Communication & Registration



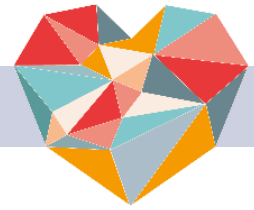
Communication

This activity was developed within the framework of a voluntary collaboration between a particular individual and the residential center.

Registration

The activity was offered for the centre without formal registration. The participation of people was asked to each person who had sufficient communicative and cognitive abilities. In the event that the cognitive impairment was high, making it difficult to understand the proposal to participate in the activity, a consensus was reached with the family and the multidisciplinary team of the center, giving the person the possibility to attend and participate in the activity. As the activity can be developed in silence, with physical guidance and modelling, a deep or complex explanation of the activity is not required, so participation can arise naturally and spontaneously.

Description & Program



To develop the activity and involve people in the deepest experience, the volunteer must have Ikebana training, otherwise could be an floral arrangement activity with different objectives and procedures.

Before starting, the volunteer finds the best flowers she could buy, which is also motivating for the volunteer. She had to look for the elements to make the composition, different for each one. This requires an internal reflection on the part of the volunteer trying to find the materials adapted to each person according to the philosophy of Ikebana. "When you visualized the person it was easier to get the flower elements for each person". The volunteer also has to buy and organize a bag, water, special scissors and four more instruments. "Finding myself that every day I had to bring a lot of flowers, it was always very flowery".

The volunteer started class by offering a sweet. It starts at one hour, each person (7-8 people) had their place and each person had a pottery, of different colored shapes, and looked for each one to like pottery. Each one with its corresponding ceramic. There, to be able to place the flowers, they are always natural, an element called Kenzan is necessary.

The explanation of the activity can be verbal or non verbal. The volunteer explains and shows how to place flowers and offers corrections and feedback in the same way.

To create each composition must have two or three flowers, the composition is more harmonious and at no time is the present moment completely repeated. Participants place the flowers with support of the volunteer in case they do not have the functional ability. They receive feedback based on the Ikebana philosophy. The activity adapts to the capabilities of the person, so if the person has problems to place the flowers in a ceramic with a high rim it can be changed to something easier to use.

The activity proposes a therapeutic background from the specific human conceptualization and includes: self-understanding, change of perception of the daily life through the filter of Ikebana, self-correction and complex personal development that requires specific training in the Ikebana art.

"The activity makes possible to communicate with people at a very deep level. The person who participates has to live it. Communication in this way is not complicated. Even with the person with the most problems, who was swaying, he was so excited and excited that he was waiting for the day the Ikebana would arrive".

"Everyone like flowers. An example: At the beginning there was a person with whom you could not communicate. At the time of starting, she could not put the flowers directly. It was very simple because I changed the pottery for a vase, affordable things. The person was an extraordinary painter, I observed in her painting the colors that she always worked with, she looked for colors in flowers. It was a love. By endowing it with the flowers with the colors of his work, he was able to complete the composition."

Some keys:

- Stimulation: They have 3-6 branches, so that at the beginning it stimulates the activity to represent itself.
- Enjoyment: "Oh, it's what I have liked the most in all my life" That it coincided with the flowers she was carrying.
- Emotional reflection: "I have risen, I am already completely happy. I no longer care to die, I'll die in peace".
- Meaningful and motivating activity: I saw the first day as soon as I arrived,. On a gardening excursion they dressed in tuxedos, "the flowers are our girlfriends".
- Personalized activity: Each person makes their Ikebana, which will always be different. When you visualize the person it is easier to get the elements for each person.
- Self-esteem: The first thing I saw is the person's way of being, the person flourished. Being able to communicate with them made them grow, change is impossible but through flowers the person is easy to model. "The person who is bossy is seen right away." Being able to say positive things and make them sensitive that the flowers are them. They have achieved a self-esteem that they did not imagine. This even helped us with how the person dressed.
- Reminiscence: "When you were young and very loving, we are going to make how you were for these years how you were before you got married and had a boyfriend. It's like making metaphors.

Evaluation



This practice is currently not being evaluated, largely because of the abrupt discontinuation of the practice due to COVID-19. When it is resumed again, some form of observational scale will be administered to determine the benefit of the practice, for example with the Wellbeing Checklist Observational Scale (LIBE; Buiza et al. 2020).

<https://www.matiainstituto.net/es/publicaciones/listado-de-indicadores-de-bienestar-libe-guia-para-conocer-y-apoyar-en-su-aplicacion>

Checklist, when to do what



One month before the activity

- Recruiting and knowing the participants
- Gathering materials.
- Organizing time and venue requirements

The week before the activity

- Coordinating with the center.
- Ensuring the participation of the people.
- Collecting informed consents if needed.

The day before the activity

- Checking the materials.

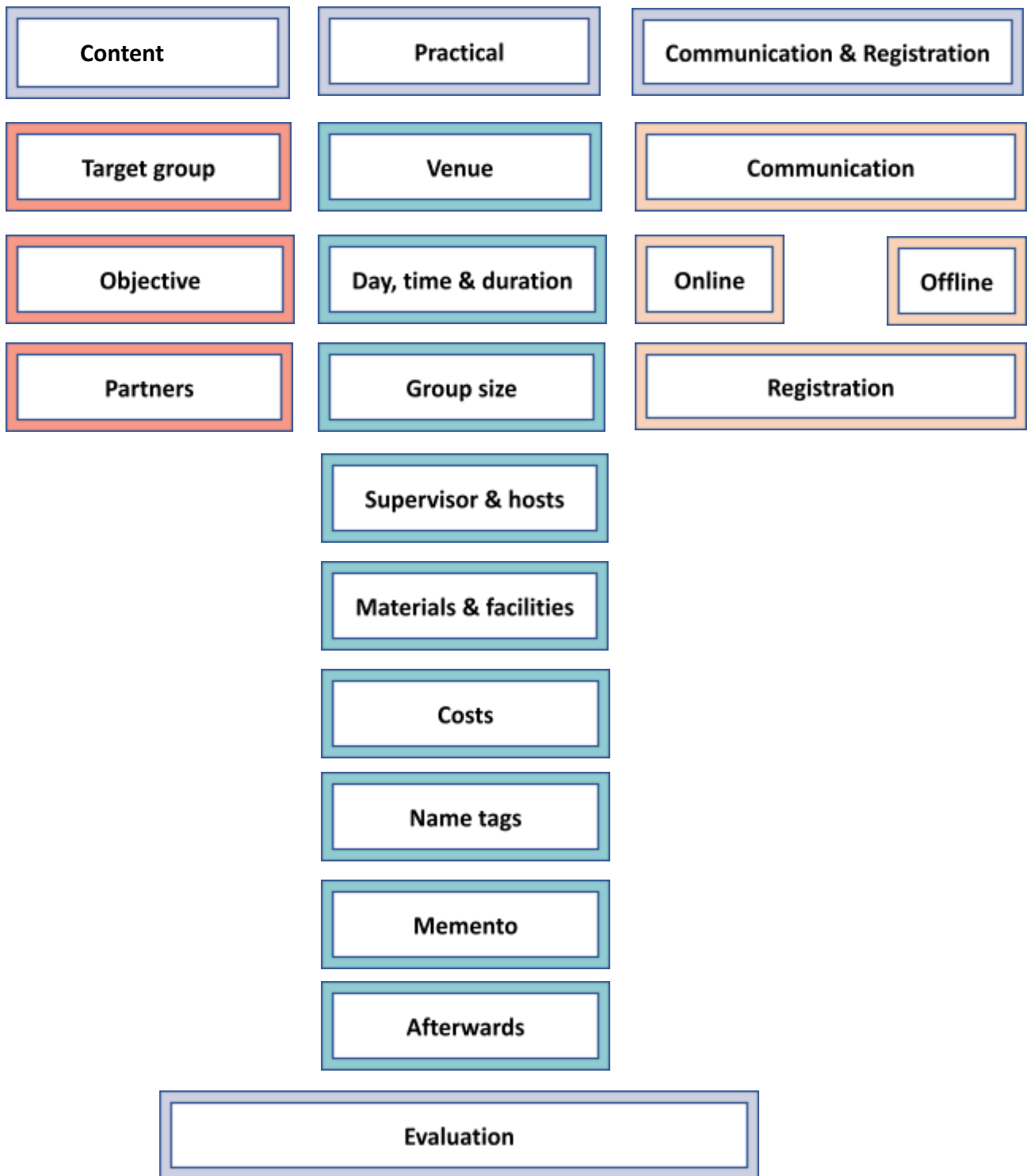
Day of the activity

- Buying the flowers.
- Arranging the materials for the developing of the activity.
- Gathering the participants
- Starting the activity with a treat and salutations
- Developing the activity
- Agreeing where to place the flowers
- Starting to plan the next session having developed the relationship with the participants and a better understanding of the others.

Corona

COVID-19 prevented the development of the activities, especially in the residences, so the activity could not be carried out during this time. It is hoped to be able to carry out these activities again in safer environments, in the open air or with future guarantees of vaccination, health measures, etc.

Points of attention





matia

fundazioa

