

## Welcome

- A personal, warm welcome upon entry of the participants.
- A welcome song to start with.

## Target group

Anyone can sing, so this activity is for everyone.

## Supervisors

Besides a facilitator who prepares the session, we follow the one-to-one principle: for every person with dementia there should be someone without dementia (a caregiver, a family member, a volunteer...).

## Objective

Connecting people with dementia, their families and caregivers through music.

## Group size

No minimum or maximum.

## Sing to connect Koor&Stem

*Contact choirs: singing together with people with dementia, their caregivers and families.*

## Duration

As short or long as you want.

## Materials

Optional: musical accompaniment and music sheets (printed or beamed).

## Facilities

Contact choirs can be organised anywhere, but make sure there is wheelchair access and a toilet nearby.

## Goodbye

End with a snack and drink, so that the participants can have an informal chat before leaving.

## Tips

- Come prepared: reach out to the participants and choose the venue and repertoire in advance.
- Don't be shy, have fun!

