

Welcome

We welcome the participants at the entrance. Once there, **volunteers from the choir accompany** the person with dementia and their family member **to the place where they will be seated**

Target group

people with **mild and moderate dementia** who love music and singing

Supervisors

Each person with dementia must be accompanied by a family member or reference person. In addition there are **volunteers from the choir itself.**

Objective

- 1) **To avoid social exclusion.** (2) **To promote the social inclusion** of people with dementia in community activities.
- (3) **To improve the quality of life** of people with dementia and relatives.
- (4) **Cognitive stimulation** of the people with dementia and, **remembrance to evoke memories.**

Group size

limited by the **capacity of the facilities**

Duration

one day a week and last for one hour

A choir for people with dementia

Materials

People with dementia and their relatives do not need to bring any materials to the choir rehearsals.

Facilities

Important that the facilities are accessible to people with dementia **(with adapted toilets).**
Seating for all people with dementia.
Instruments for the musicians.

Goodbye

The director bids us farewell until next week with a round of applause from all participants.
At the end of the rehearsal, participants take away a copy of the songs to have at home to practice.

Tips

when selecting the songs to rehearse, the professionals of the care institution for people with dementia can collaborate, because they know better the musical preferences and hobbies of the users.

