

## Welcome

*The volunteer started class by offering a sweet.*

## 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.*

## Supervisors

*Ikebana requires a trained professional who can develop the sessions with one or more people with or without dementia*

## Objective

*To make people with dementia feel valued and loved again.*

*To make them enjoy the moment and find excitement through a new daily incentive.*

## Group size

*group of 7 to 8 people*

## Duration

*Variable frequency. At least once a month. The activity lasts about one hour.*

## Ikebana

*Floral art with people with dementia*

## Materials

*Each composition needs two or three flowers. Each participant should have a pot. 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.*

## Facilities

*A table.  
Chairs to sit on (not necessary for wheelchair users).  
Natural light.  
A pleasant room temperature.*

## Goodbye

*After an agreement of where to place the arranged flowers, we proceed to go to the different places in the house and put the flowers in visible and nice venues.*

## Tips

*The explanation can be verbal or non verbal. 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.*

