

Say a few words about what to expect of the activity and, if needed introduces any speakers or other invited performers.

Target group

It is an activity for people with an early stage of dementia still living at home – and for their closest relatives.



As the activity includes relatives, it is not necessary with volunteers.

Objective

The activity is an offer of cultural events to couples with one of them living with dementia and thereby being prevented from participating in "ordinary" cultural events.

Group size

Preferably 5 couples and a maximum of 7 couples.

Culture Club

Mette Gregersen & Birgitte Vestergaard

The name covers various cultural activities both indoor and outdoor.

Duration

All the activities take place in the late afternoon from 16.30 to 18.00 in order for relatives still working to be able to participate.

Materials

If it is a singing or reading activity, it is a good idea to bring printed texts that the participants can also take home.

Facilities

A room with tables and chairs for 15-20 people. A place for making coffee is crucial. When the activity has taken place outdoors, we finish with a cup of coffee at a local café.

Goodbye

Ask for comments on the activity and mention upcoming activities or events.

Tips

Make a logbook with notes after each activity, which can be used to assess and learn from for the next activities. The culture club consists of a series of activities, which are evaluated jointly with the participants after each event.

