



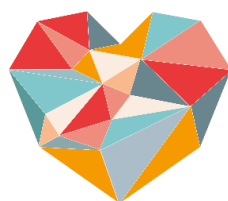
Coping with behaviour through role play



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De Gedragsgenerator

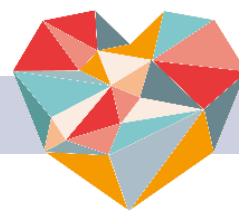


Dementia
in Cultural Mediation



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

The activity



Name of the activity

Coping with behaviour through role play ☞ Gedragsgenerator.

‘Gedragsgenerator’ is an initiative of Wycher van den Bremen and Ina Holtrop.

Summary

This activity is a training on how to cope with the changing and/or challenging behaviour of a person with dementia through role play. It can be really useful and meaningful for people who accompany the person with dementia (relative or (informal) caregiver, but also for people who work in a library, museum or any other (cultural) institution.

Examples of various awkward or difficult situations are collected from the participants in advance and with those specifics, a role play around this behaviour and communication is outlined and prepared.

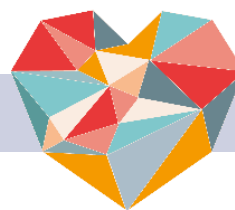
During the role play, the people in the audience are motivated to react and give suggestions on how to play or participate in the role play themselves or come up with other situations and their own experiences. This to get a better view on what is helpful to do and what is not in particular situations. By showing it through role play and not just by talking about the situation it will be clear and visible what it is all about.

This method is based on the principles of positive thinking and what we try to achieve in the end is a greater quality of life for the person with dementia and their caregivers.

This way of role play fits in almost every situation and is (where possible) custom-made for the specific demands of what is necessary at that moment in that situation. Sometimes it shows how complex situations can be, but it also shows that people who use it can change a lot by getting the correct information at the right time and with small changes in their own attitude.

- First a show will be performed in a situation which is specific and recognizable for the participants.
- During a break of half an hour, the trainers walk around and talk to the participants. To ask for stories, situations and experiences regarding people with dementia.
- This interaction can be inspiration for the second part of the session.

Content



Target group

This activity is not specifically or only intended for people who have dementia but it has a lot of value for those who accompany the people with dementia, for people who work in a library, museum or other (cultural) institutions, and for family members who are caregivers for the person with dementia. When 'Gedragsgenerator' is organised in, for example an Alzheimer café, people with dementia themselves can also be present and participate besides family members or caregivers.

Participants in an earlier stage of dementia often tell beautiful stories about their feelings and thoughts which are then used in the continuation of the role play.

Objective

The aim is to have a continuous interaction, where everyone is free to ask questions but also to share their experience and stories. There will be a break in between where the trainers go around the audience and create a welcoming and an approachable situation where people feel comfortable to share stories and experiences. One of the goals is to create a comfortable atmosphere and end with everyone being able to share whatever they want. This is not with the whole group.

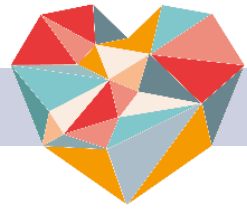
The goal of the training is to give the cultural mediators guidelines in their interaction with people with dementia. Not just to give information but to share information. The key is more understanding for people that live with dementia. Through role play understanding is addressed and with all who are present, particular behaviour and what creates this is discussed. Is the behaviour triggered by someone itself or by something in the environment? Noises, for example, can play a role in orientation and concentration of a person with dementia.

Partners

This type of role play can be used to inspire and facilitate professional workers in their jobs and provide them with appropriate information and knowledge about dementia. Think of teaching employees of a museum, a supermarket or a bank office how to have the greatest hospitality while interacting with people with dementia.

The role play is also suitable for social initiatives. For an evening in an Alzheimer Café or as an activity in an Odense house.

Practical



Venue

'Gedragsgenerator' is an indoor activity. The size of the room depends on the group size but as intimate as possible is preferred.

When a big room is used for a larger group, microphones (preferably headsets) are needed.

The trainers will come at location so the room may also depend on the type of organisation that asked for it. They are responsible for the number of chairs, accessibility, parking, etc but the trainers will give specifics about facilities and materials when needed.

Day, time & duration

The right time and place depends on the wishes of the organisation where the activity will be held. The duration of the activity is around 2 hours.

Group size

The group size differs per situation. A minimum number of 10 people is preferred in a training setting.

In a more educational or awareness setting, it is also possible in a theatre form with many people present. However, a large group acquires quite a lot of experience from the trainers.

Supervisors and hosts

Support can be needed to host and facilitate, think of seating and catering.

If a presentation is shown or a microphone is used, help with setting this up is also preferred.

Materials & facilities

When information will be given about dementia itself, the trainers will need:

- A computer and connection to a screen to be able to give a PowerPoint presentation.
- In a bigger room with many participants, a good sound system is needed. With this, two headsets for the trainers and a microphone for the participants.

- For the role play itself, no attributes are needed although pen and paper can be convenient to be able to take notes.

The training is 'in company', so the client is responsible for tea/coffee/sweets during welcoming and the break.

Costs

There are no costs for the participants.

However, there might be costs for the client who is organizing the training. But the trainers' costs are limited to a reimbursement of travel costs and related material. Depending on location and materials this will be around 150 euro.

'Gedragsgenerator' also offers specific Train the Trainer workshops, these have a different set up and will therefore have different costs.

Name tags

There are no name tags necessary.

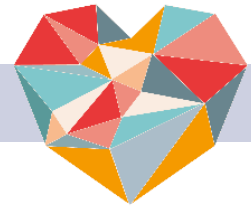
Memento

It is possible to receive a paper with standard handling tips for situations with people with dementia.

Afterwards

For the hosting and organizing organisation (the client) it is possible to receive a sticker that states they are 'dementia-friendly'.

Communication & Registration



Communication

Offline:

- Interest in the training is mainly caused by word of mouth.
- The client can choose to put it on a bulletin board.

Online:

- 'Gedragsgenerator' does have a Facebook page, but announcement about the activity goes mainly through the media channels of the client.

If the training is requested by an organisation such as a museum, they are responsible for the number of participants and the enrolment procedure.

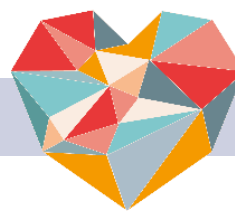
Registration

This activity is mostly on the request of an organisation. The client (see partnership) will manage the registration for the activity.

The client is also asked to collect experiences, issues and questions of the participants in advance of when they encounter people with dementia.

The more specific a situation is described, the better it can be used during the session.

Description & Program



For example, 'Gedragsgenerator' in a museum (with Wycher and Ina as trainers):

Think of a room in the museum where all the museum employees have gathered. The director of the museum welcomes everyone. Ina and Wycher from Gedragsgenerator are the guests. They are shortly introduced and start welcoming everybody in person. Two friendly people going around having a short talk to all members of the museum group. There is a friendly atmosphere and nobody knows what is actually going on.

What they don't know is that Wycher plays that his brain is lacking but he is a master in hiding this in public, and Ina in her role covers this completely. Someone with dementia can hide with the help of a caregiver what is really going on in the brain of the person with dementia.

They then play a scene at home and right away it is clear what is going on. Because Wycher his brain is not functioning properly, there are a variety of difficult situations in daily life where they both have to deal with. The result is often difficult behaviour from the person with dementia (Wycher) and a lot of issues in daily life.

Wycher and Ina interact with the museum employees on how to challenge their daily life problems. Ina does not want to ask help because she is ashamed and she is very tired. Wycher has a lot of fears and is not comfortable to go outside. That is why they are stuck at home, although it was better if they would act like they did before when they were both healthy. In the old days they would probably go out and visit a museum.

They then move forward to what can be expected when they finally do come to the museum and visit an exhibition. The museum employees are challenged to interact with Wycher and Ina on how to cope in this situation. What can they expect and what can they do in awkward situations? Wycher and Ina help to find solutions for that. The group is now fully interacting and learning fast in practical situations they actually could face in the future.

The atmosphere is great, warm and open: everybody has fun and learns a lot. In some situations or settings, some sheets of a PowerPoint presentation may help to explain what is really going on.

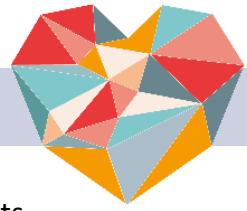
Finally, the session comes to an end. The director of the museum thanks Ina and Wycher and has become really enthusiastic about welcoming people with dementia and their caregivers to the museum. All the museum employees are enthusiastic as well and feel more confident in interacting with someone with dementia.

An entertaining and unforgettable meeting in which everybody has learned a lot comes to an end.

Wycher and Ina are also often guests in an Alzheimer café. When played in this setting, most of the participants are directly involved with people with dementia on a daily basis. This can be an informal caregiver, health professional or anyone else with frequent contacts with a person living with dementia.

In these sessions a break is included in which the trainers (Ina and Wycher), go around in the audience and talk to people about their experiences and stories. The collected information will inspire them for the second period after the break.

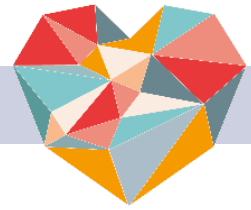
Evaluation



Evaluation can happen at the end of the training just by talking to the participants.

Important is the evaluation afterwards with the client, the organisation who requested the session of 'Gedragsgenerator'.

Checklist, when to do what



One month (or longer) before the activity

- Client contacts 'Gedragsgenerator' and the set-up and context is discussed: what kind of participants, the number of participants, location, price, etc.
- Client is asked for particular situations they have experiences with. They can collect various situations and/or examples from the participants and give those to the trainers two weeks in advance.
- Make sure there are enough 'dementia-friendly' stickers for the client/ organisation.

Two weeks before the activity

- Collect the examples of situations from the client.

The week before the activity

- Make sure that the location is sufficient for the participants.
- Ask client if equipment is arranged and if there will be a microphone.
- Ask client how many participants will be present.

The day before the activity

- Make sure PowerPoint presentation is ready.
- Print the right amount of information papers about how to handle particular situations and interactions.
- Make sure to pack 'dementia-friendly' stickers.

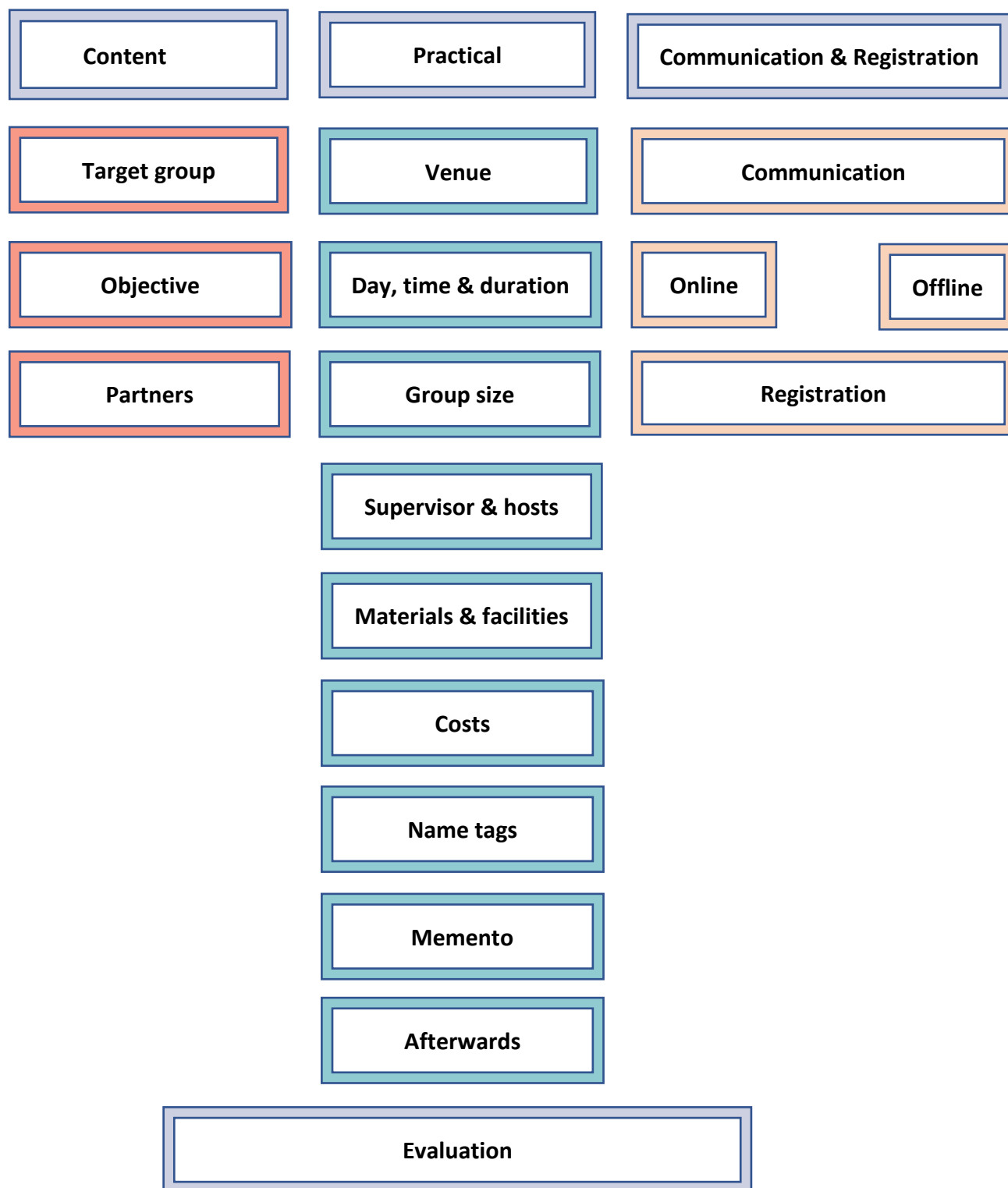
Day of the activity

Pack: USB with the PowerPoint presentation, printed information papers, 'dementia-friendly' stickers.

Corona

In case of a pandemic there is an online option but this will then be a totally different session. It is also possible to film a particular situation of a client with people with dementia.

Points of attention



COPING WITH BEHAVIOUR through ROLE PLAY



Respectful

Interaction

Humour

Gedragsgenerator

Experience



Positive Thinking

Challenging situations



Good examples

