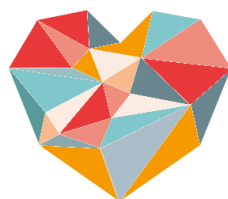




Memory Walk



hannn.eu



Dementia
in Cultural Mediation



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

The activity



Name of the activity

Memory Walk.

Triggering someone's memory by showing pictures of the past during a walk.

Summary

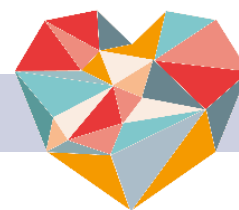
In collaboration with the local Archives (Groninger Archieven), pictures of older times will be chosen and displayed at a predetermined route. This route can be in the centre of the town, in a park, a route close to a community centre or social initiative (Odense house) or in an elderly home. These large size pictures show devices or situations common to many generations and will bring memories for people of different ages. The images are free to see for everyone who is interested, although the activity is specifically developed for people suffering from dementia. The idea of the activity is to pair a person with dementia with a volunteer or student. Together they walk the Memory Walk. The person with dementia will be invited to talk freely about what is shown on the pictures. Since the pictures will be common for most people to recognize, it will be likely they have memories about it and are able to tell stories. Every picture will have one or more trigger questions to get the conversation started, which the volunteer or student can initiate.

The goal is multidisciplinary, the participant is out of the house, gets exercise, is able to reminisce and the caregiver has a moment without caring. Additional advantage is that the volunteer or student gets experience on coping with people living with dementia, but also on how their current situation in the village or city differs from when the person with dementia was young. The social aspect between the volunteer and participants is also an important aspect.

This is a one-on-one activity if possibly. Depending on the stage of dementia, the participant will be introduced to the volunteer with the caregiver present. When the participant is willing to walk the route, the caregiver can leave and the route will be started. And of course it is also possible for the caregiver to come along if desired. The volunteer's focus is to have the participant talking about the pictures and their thoughts and feelings about them. Depending on time, mobility and the storytelling, the route can be taken at once or on multiple occasions. Date and time can be arranged between the volunteer and participant and/or caregiver.

The pictures will stay in one location for a small amount of time. The general pictures of a situation or object can be taken to the next location, specific local pictures can be replaced for every location.

Content



Target group

The participants of 'Memory Walk' will be people with dementia who still live at home and are able to walk the route in their environment of specific surroundings. However, this activity can also take place with people with dementia who live in a nursing home. They can walk a route with a family member, caregiver, volunteer or student in or around the nursing home. The activity can be adjusted for different situations.

The route will take mobility impairment in account, it must be accessible with a walker and/or a wheelchair. When people have a visual impairment, the pictures can be described to them, it is still good to get some exercise and to share stories and memories. People with hearing limitations can also participate provided their companion is flexible and willing to adjust.

Ideally, if the volunteer is a student, it will be Health and Care students who would like to get experience on how to cope with people with dementia outside of facilitating care. Other people interested in sharing time with people with dementia are also welcome to become volunteers in this activity and of course family members can accompany the participant. It is not necessary to have experience with the target group, although it would be preferred if the volunteers have some knowledge about dementia or will take a workshop on how to interact with people living with dementia.

Objective

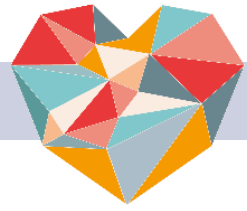
The goal of 'Memory Walk' is to trigger the memory of people with dementia by showing pictures of the past encouraging them to talk about it and to share their stories. Culture will be combined with exercise in a social context. During the activity the caregiver can have some free time.

Partners

It is possible to organize this activity for any organisation involved in the community. This can be a local art centre, an elderly home, an Odense house or a local organisation such as a community centre. The pictures will be displayed in a park or behind windows of local stores, residents, nursing homes or other organisations.

Another partner organisation could be a picture library or local Archives. They can supply the pictures, f.e. of older times or of a specific town. For this there was a collaboration with de Groninger Archives.

Practical



Venue

'Memory Walk' ideally takes place outdoors.

- The route needs to be accessible for people with a rollator and/or in a wheelchair.
- The pictures need to be displayed in a window close to the street or easily accessible.
- It would be good to have the possibility to sit down during the walk, f.e. on an outdoor bench or chairs provided.
- After the activity there will be tea and coffee, for this a room is needed.
- The size of the room depends on the number of participants, ideally with a maximum of 10 people including the companions (volunteers).

Day, time & duration

The duration of the activity is free to choose, by the participant or the organizer of the activity. This of course also depends on the number of images. The advice is about 6 – 10 pictures. With this number it is possible to walk the whole route at once, this should take 30-60 minutes. When every picture triggers many memories and stories, this will take longer. The duration also depends on the mobility of the participants. Therefore, it is possible to take one or more pictures at a time and go on multiple walks at different times to finish the route.

The suggested duration of this activity is 1 hour in total, which includes about 30 minutes of walking. The pictures will be placed on a route with multiple opportunities to sit so the volunteer and participant are free to sit down whenever they want.

Group size

It is preferable to have one or two persons with dementia with one volunteer, depending on the mobility of the participants. It is also possible to guide a group on an organized event with a maximum of 10 people, including 3 or 4 volunteers.

Supervisors and hosts

The number of volunteers depends on the number of participants. The ideal situation is one volunteer with one person with dementia. However, depending on the severity of the dementia or mobility it is possible for one volunteer to take multiple people with dementia on the route. It is also possible to walk the route with the caregiver or a family member.

A cultural mediator or someone else who is well informed is needed to explain the activity and set the room for welcoming the participants and for coffee and tea afterwards.

Before the start of the activity, the pictures need to be placed in the predetermined route. The cultural mediator contacts people or shops in advance to display the pictures in their windows.

Materials & facilities

Needed for 'Memory Walk' are:

- 6 - 10 pictures about general situations, activities or devices from around the village or city. The pictures will be collected in collaboration with the local Archives and need to be recognizable for people of different ages.
- The pictures will contain a card with information about the specific year and context, including some suggested questions to start the conversation. If the pictures are general, they can be used for activities at multiple locations.
- A (printed) map of the route.
- The volunteers will receive some information before the activity starts. It will contain the goal of the activity, the route, and tips on how to interact with people with dementia.

Tea, coffee and some sweets are offered. Every participant will receive at least one consumption but a second cup should not cause a problem.

Costs

There are no costs for the participants. Depending on the executive organisation, they need to arrange their own transport to the start of the activity.

Name tags

Name tags will not be necessarily as the group is small and the contact personal.

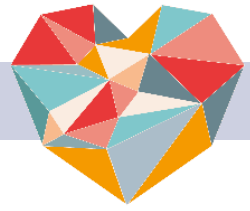
Memento

The participants will receive a postcard with their favourite picture of the route and one of a collection of various pictures to take home.

Afterwards

There will be a message on (social) media channels of the cultural mediator and the executive organisation.

Communication & Registration



Communication

The communication depends on the organisation who initiates the activity. In case of the Odense house the following applies as soon as the date is set:

Offline:

- The activity will be announced amongst the people visiting the Odense house. They will be informed personally.
- Visitors will receive an information brochure.
- At local shops (such as supermarkets) there will be a written announcement.

Online:

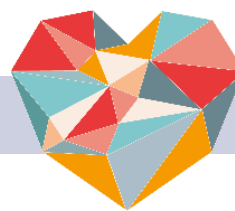
- The activity will be announced on the social media of the Odense house and their partners.
- All possible organizations affiliated with people with dementia and their caregivers will be contacted and asked to share the announcement of the activity.

Registration

People can contact the cultural mediator, in this case the Odense house, by visiting the location, by telephone or by sending an email to info@emmen-odensehuis.nl for participation.

Registration naturally depends on who or which organization organizes the Memory Walk.

Description & Program



Preparation

6 - 10 pictures are chosen to display on the route for 'Memory Walk'. These will be collected in collaboration with the local Archives and need to be recognizable for people of different ages.

Create text cards per picture with information about the specific year and context of that image, including some suggested questions to start the conversation.

The organisation and volunteers need to set a route and contact the local residents/shops where they wish to place the pictures. Create a map of the route of the Memory Walk.

Choose and print the postcards that participants will receive as a memento to take home.

Prepare some information materials for the volunteers and students. Include information about the goal of the activity, the route and tips and knowledge about dementia and how to interact with someone who is living with dementia.

Print the routes, pictures and information materials so things are ready to go.

Day of the activity

The pictures are placed and the route will be checked for safety and seating options.

Volunteers/students are asked to be there at least half an hour before the participants arrive to get a more detailed explanation and additional information about the activity and their role.

Welcome

The participants are warmly welcomed and asked to have a seat. During a short introduction, everyone will receive a drink. Preferably the volunteers and people with dementia are matched and introduced to each other before the activity. Take some time to let them get to know each other so the person with dementia feels comfortable to go for the walk with this particular volunteer.

Program

The participants go on their way with the volunteers. The volunteers will have the route, including the specific locations of the pictures and the places where they are able to sit down.

The person with dementia is free to talk about the pictures they pass and the volunteer should engage in a conversation open minded. The pictures do have one or more trigger questions in case the conversation is not getting started, or just to spice it up. But again, the person with dementia is in charge.

How much of the route is walked depends on the participant. They can take as much time for a picture as they like. Take into account any other participants who are doing the 'Memory Walk', so that there are not too many people in one place at the same time.

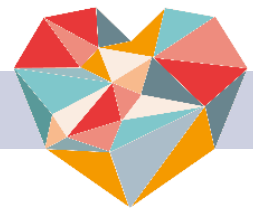
When the agreed time is over, the participants should move back to the starting point.

End of the program

The participants and volunteers are welcomed back with coffee and tea. There is no specific program after the walk, people are free to stay and talk about the activity.

In the meanwhile, the postcards of the pictures are shown and the participants can choose one to take home.

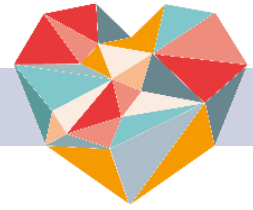
Evaluation



The activity is evaluated with the people who were hosting the activity and everyone who helped. The volunteers receive an evaluation form with some questions they can ask the participants at the end of the activity. The questions are about how the participants experienced the activity and if there are any remarks or suggestions for future routes.

There are also questions added for self-evaluation.

Checklist, when to do what



One month before the activity

- The pictures need to be chosen and printed.
- The pictures need a description, including some starting questions.
- Announcement for volunteers should be made.
- The announcement must be made on the website and social media of the cultural mediator and partners, including the website of the location.
- People who visit the location/organisation need to be informed.

Two weeks before the activity

- The route must be set and the locations of the picture need to be clear > people in the route must be contacted if their window can be used to place a picture.
- Information materials for the volunteers and students are prepared. Including information about the goal of the activity, the route and tips and knowledge about dementia and how to interact with someone who is living with dementia.
- Announcement should be repeated.

The week before the activity

- Volunteers will receive an email with a description of their role and information materials.
- Participants should be contacted.

The day before the activity

- Routes and information materials about dementia should be printed.
- The pictures will be set on route.
- Check the room and supplies (coffee/tea/biscuits).

Day of the activity

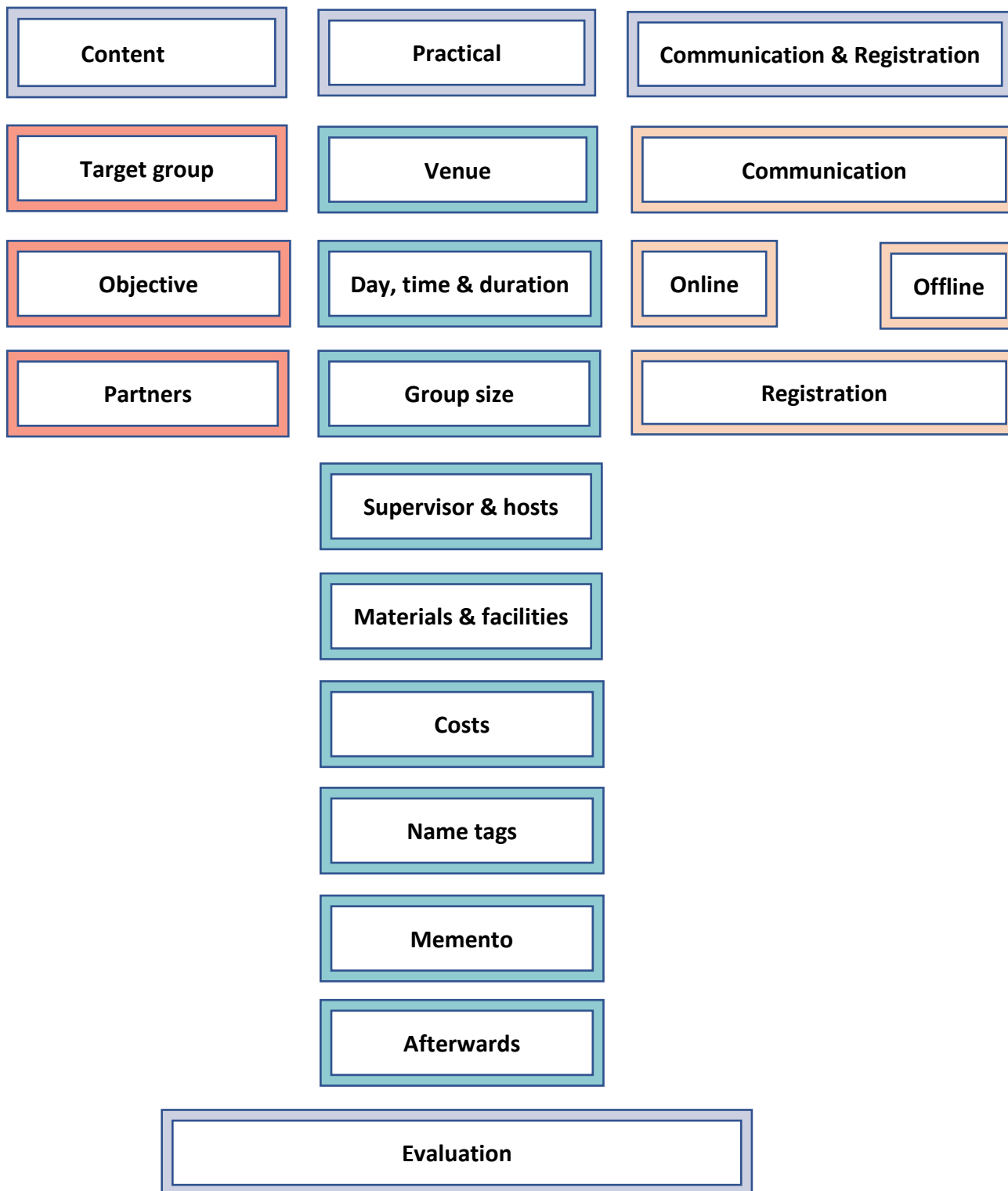
- The volunteers are welcomed half an hour early for some extra explanation and additional information.
- The room will be set for receiving the participants and some drinks.
- Coffee and tea will be available.

Corona

This activity is possible during Corona time or in other special situations. However, it depends on the severity of the measures taken. It needs to be allowed and possible to organise an activity. When people need to contain distance, it might be better that the role of the volunteer is taken

over by the caregiver, to avoid any risks.

Points of attention





Memory Walk



Triggering the memory of people who have dementia by showing pictures of the past and encouraging them to talk about it.



All stories are welcome, it is all about the memories of the participants.

Walking and talking, one on one or in a group.



Walking (or rolling) and being outside



Being with people other than their caregiver

Telling stories about their past

