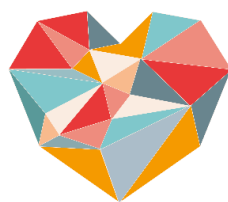




Life Album

David Viñuales.
Alzheimer Huesca and Provincial Council of Huesca

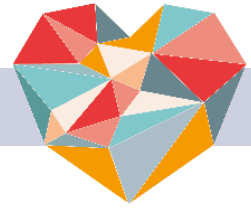


Dementia
in Cultural Mediation



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

The activity



Name of the activity

Life Album.

Summary

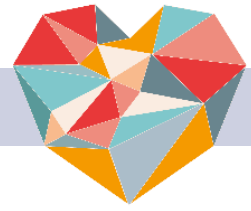
Live Album, Alzheimer and Image has been developed in the frame work of Association Alzheimer Huesca and Visiona (Huesca's image programme), in which photography and health are interrelated through cultural processes.

In general terms, from the care framework for people affected by Alzheimer's disease and other dementias, emphasis is placed on:

- the need to remember the caregiver and
- to help them not to lose their creative abilities and leisure time in order to improve their quality of life and therefore that of the patient,
- and thus not generate one or several more patients (Biurrun, A. 2001; Gruetzner, H. 2001; Koenig, J. 2004).

Thus, the project consisted of proposing a series of cultural activities (designed according to the interests and capacities of the participating association), based on the idea that art, where other means of expression do not reach, still maintains a great transforming capacity for any person.

Content



Target group

People living with dementia and their accompanying family members and cohabitants.

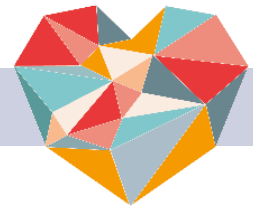
Objective

Specifically, the aim has been to offer the caregiver a breathing space/tool, in this case through the photographic image, with which we have sought through two groups of activities, to provide a distant space in their caregiver-sick person relationship, where they can explore positive emotions towards the patient with the creation of the Album of life, and the promotion of their leisure time with participation in some of the actions programmed by Visiona (image programme of Huesca).

Partners

- Association Alzheimer Huesca
- Provincial Council of Huesca

Practical



Venue

The activity has been designed to take place in the day center installations of the Alzheimer's association and in the Provincial Council accessible public exhibition spaces.

Both well connected and with spaces prepared for people with special needs.

Day, time & duration

The activities take place in the morning between 10.00 to 12.00 and 16.00 to 18.00 within patients, and with familiars and caregivers in the afternoon, between 18.00 and 20.00.

Group size

Participants. Morning group: 11 people: 9 people affected by the disease, 5 men and 4 women plus the occupational therapist and a manager of the association; afternoon group: 8, 2 men and 5 women plus the occupational therapist.

Familiars and caregivers: 17 family caregivers of Alzheimer patients, 2 patients, the therapist and a person responsible for the association.

Supervisors and hosts

María Ángeles García Soto - Alzheimer's Association Psychologist.
Javier Olivera Pueyo - Medical Psychiatrist.

Materials & facilities

The adapted spaces, chairs, tables, armchairs, etc., were proposed by the institutions themselves. The expendable materials, such as cardboard, markers, photographic paper, etc., were provided by the institutions themselves. were provided by the Huesca Provincial Council. The technical photographic equipment was provided by the research team.

Costs

The activity is free of charge for participants.

Name tags

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

Memento

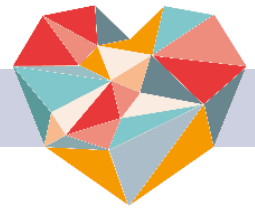
All participants received the "album of life", composed of a set of images that collected various experiences, focused on promoting the emotional well-being of the participants. In addition, the album had also been created by the caregivers themselves, so that the material is full of triggers for future conversations in their homes.

Afterwards

There was no additional action after the event.

The project had a closing session, with a group thank you and the delivery of the "life album" to each participant.

Communication & Registration



Communication

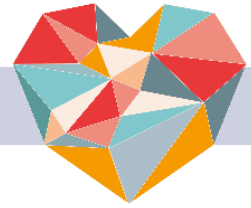
The external communication of the project will be done by consensus of the three parties involved in the project: Association, management team and Visiona project, Diputación de Huesca. The basic premise is respect for caregivers and Alzheimer's patients. Therefore, the material used, images, explanatory texts of the actions (texts for press, websites or social networks) must always take into account this premise. To this end, the most appropriate terminology and tools will be used for each action. The images, when they have to be public, will be used with the permission of the Association and previously of the caregivers.

- Publication of the project on Visiona's website as well as on its digital platforms: blog, social networks, picturesque.
- Press conference
- Publication of the information on the website of the Alzheimer's association.

Registration

Participants registered through the Association's usual channels.

Description & Program



First of all, 6 photographic sessions were carried out to accompany and follow up the group, to obtain the photographic material to be used and worked on.

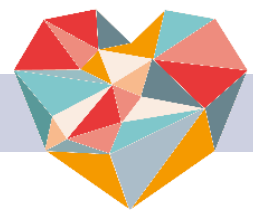
Workshops

The first workshop consisted in the creation of the pages of the life album. First, the photographs were presented and worked on with art therapy and art education techniques, and the images for the album were selected. Then we worked on the composition of the pages, intervening on them with different plastic elements such as drawings, stickers, etc., adding meanings and personalizing the compositions.

The second workshop was used to create micro-stories from old photographs. The caregivers brought photographs of their sick relatives and from them and a set of photographs used in phototherapy sessions and workshops, they created stories that resulted in the micro-stories. This work has served to continue and deepen the work undertaken in the first workshop, Between the first and third workshops, we proceeded to the technical realization of the Album of Life: photographic reproduction of the album pages, layout and pre-printing of the album.

The third workshop, focused on Alzheimer's patients, consisted in the sewing and personalized signing of the albums by Alzheimer's patients with the two groups that participated in the visits with the therapists, one in the morning and the other in the afternoon.

Evaluation



The criteria used for the assessment are focused on the development of the project, as well as the response obtained by the participants in the project. The therapeutic assessment regarding the impact of the project is carried out by the therapists involved in the project within their programs, this project being one more action in them.

Participation of users and caregivers.

Participation is positively values in terms of:

a- quantitative. In the activities carried out with the patients, the number of participants depended on the number of users who were in the association at that time, being a total of 19 people.

As for the caregivers who are part of the association, the response has been high in the activities, with 38 participants in total. The Alzheimer's Association and the therapist have positively evaluated the response.

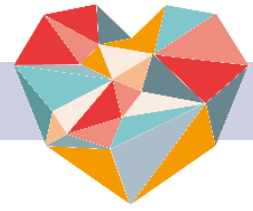
b - qualitative. Regarding the users, the evaluation is based on their attitude before, during and after the activities. Showing a pro-active attitude in terms of receiving information and interaction as well as their correct adaptation to the environment during the development of the activity without showing signs of bewilderment or nervousness. The success lies in the fact that they can participate and enjoy this type of activities and be able to express their aesthetic criteria in the same way as other groups. In the words of Helen Bate "People with dementia can appreciate art and visual images. To deny them this possibility is to deny them the dignity of choice and the potential for enjoyment and the benefits that this can bring them".

Regarding the caregivers, the evaluation is also positive.

The workshops with the caregivers allowed us to find a symbolic approach to their relationship with the patients through images. There were three sessions, so that, realistically speaking, the work consisted mainly in making visible a form of internal and external communication in the form of three simple experiences. Continued work along these lines would have allowed for greater depth in the work and, with this, to consolidate these forms of communication and construction of meanings. However, the reception by the caregivers has been very positive, since they have shown great interest and involvement in the exercises carried out. In particular, it is worth mentioning the emotional involvement that has sometimes occurred, since beyond possible measurements of the caregivers' satisfaction, their own gestures, approaches and emotional expressions have shown the door that this type of activity opens. The work has always been done from the premises that a work of these characteristics requires, such as the security of a space, a group and a family guide-therapist to the group. In this space there have been really special situations, difficult to describe, which undoubtedly have been the best proof of the benefit that participation in this project has had for the participants.

They have shown an interest in continuing with these activities in the future on several occasions, which in a certain way endorses the work done.

Checklist, when to do what



One month before the activity

- Negotiating the needs and willingness of partners
- Close calendar dates for the activity
- Proceed to communicate them to potential participants

The week before the activity

- Close the final list of participants

The day before the activity

- Check that all materials and devices are ready, certify the attendance of registered persons, transmit all instructions for location, transport, etc.

Day of the activity

- Creation of a space of trust, comfort and security so that participants feel as comfortable as possible.
- Helping participants to create and connect personal narratives.

Points of attention

