

Welcome

A pianist playing a musical theme or an actor in their role perform as participants enter the room. Participants are invited to approach the artist to experience first contact. Gradually and while this first informal encounter is taking place, they are assisted to take off their coats and sit on the chairs, which have been placed in a specific way in the room.

Target group

People with Alzheimer's in the early stages of the disease.

Supervisors

One supervisor for every 2 participants.

Objective

The main goal is to stimulate the physical, musical and, above all, emotional abilities of people with Alzheimer's disease.

Group size

Ideal: 2 groups, divided on the level of affection. Optional: 1 group. Ideal: 8 people (more than 5 and less than 12 per group). Optional: the number considered to create and maintain a group dynamic.

Invisible Beauty

Contemporary dance with people with dementia.

Duration

Approximate duration of the activity:
Seminars: 90min
Workshops: 60min
Open seminars: 75min

Materials

Examples of the materials/objects used to carry out the activities are: Cups, balls, short and long sticks, percussion instruments, cork or wooden blocks, cushions, ropes.... (pictures of these references will be found in the end of the document).

Facilities

Technical requirements of the venue: Scenic space of dimensions 8m x 8m (performers and participants on the same level), dance floor, audio and lighting system adapted to the room (as close as possible to the theatrical experience), projector and screen, chairs for participants (without armrests, to facilitate seated movement).

Goodbye

The seminar ends with a final dance performance. Immediately afterwards, the dancers encourage participants to join them for an improvised group dance. Again, the chosen music will play an important role for their involvement. Before leaving, a group photo will be taken as a souvenir (and as a record of the activity) and the participants are accompanied to the exit.

Tips

A smaller number of participants than recommended, although possible, does not generate such an emotional impact. On the other hand, it allows for a permanent focus on the participant. A larger number of participants than recommended makes it more difficult to maintain the group dynamics.

