

Give a normal welcome.

Target group

People with dementia and their accompanying family members and cohabitants.

Supervisors

One supervisor and one host. Is recommended they have experience in working with people living with dementia.

Objective

To offer the caregiver a breathing space/tool, 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.

Group size

Recommended group around 10 participants. (Also would be there familiars, caregivers, supervisor and hosts).

Life Album

Art, where other means of expression do not reach, still maintains a great transforming capacity for any person.

Duration

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.

Materials

Expendable materials, such as cardboard, markers, photographic paper, etc.
Technical photographic equipment.

Facilities

Well connected, accessible spaces, adapted for people with special needs. The activity was designed to take place in a day centre and in the Provincial Council accessible public exhibition spaces.

Goodbye

The project had a closing session, with a group thank you and the delivery of the "life album" to each participant. Composed of a set of images that collected various experiences, focused on promoting the emotional wellbeing of the participants.

Tips

The "life album" had also been created by the caregivers themselves, so that the material is full of triggers for future conversations in their homes.

