Welcome

Participants are warmly welcomed and asked to have a seat. Short introduction with a drink. Get to know each other. Ready to walk.

Target group

People with dementia.

Supervisors

- Ideal: one volunteer with one person with dementia (depends on stadia or mobility)
- Volunteers can be caregivers or family members

Objective

- Triggering memory
- Exercise in a social aspect

Group size

Max. 10 people including the companions (volunteers).

Memory Walk

Odensehuis Emmen

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

Duration

- Free to choose
- 6-10 pictures, takes 30-60 minutes

Materials

- 6 10 pictures of the past with information cards
- Map of the route
- Postcards of the pictures

Facilities

- Ideally outdoors; accessible route for people with a disability
- Coffee and tea (if there is a room available)

Goodbye

Welcomed back with coffee and tea. People are free to stay and talk about the activity. Participants can choose a postcard of the pictures to take home.

Tips

- Let the participant set the pace.
- Look carefully to see if there is a "click" between the participant and the volunteer.
- The images are mobile and can therefore be used in almost any place without additional attributes. Make use of it!

