

USING Drama and Storytelling IN DEMENTIA CARE

World Health Organization recognizes dementia as a public health priority. In May 2017, the World Health Assembly endorsed the Global action plan on the public health response to dementia 2017-2025, with main action themes: *increasing awareness of dementia and establishing dementia-friendly initiatives; reducing the risk of dementia; diagnosis, treatment and care; research and innovation; and support for dementia carers.*

Alzheimer's disease is the most common form of dementia and may contribute to 60–70% of cases.

There is no treatment currently available to cure dementia or to alter its progressive course. However, much can be

offered to support and improve the lives of people with dementia and their carers and families, for *optimizing physical health, cognition, activity and well-being, managing challenging behavioral and psychological symptoms and providing information and long-term support to carers.*

Using drama and storytelling, by sharing narratives about lived events and experiences at home, by family carers, can provide a way for people with dementia, along with their carers, *to express themselves and socialize with others in a fun and supportive group. This is also a way to create dementia-friendly communities/ institutions, provides topics of conversation and opportunities for connecting with other people.*



Erasmus+



Start: 01.10.2018 – **End:** 30.09.2020



Project reference: 2018-1-RO01-KA204-049556



Key action: Cooperation for innovation and exchange of good practices



Action type: Strategic partnership for adult education

5 participating countries:



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What do we aim?

Improve health and social care professionals' competences working in the care field through an educational program using creative drama and storytelling

Improve communication skills of family carers of persons with dementia through a Toolkit based on role-play and storytelling

Improve quality of life of persons with dementia through these tools

Raise social awareness on dementia issue through a policy recommendation regarding building up dementia-friendly communities/institutions

Who will benefit?

Health/social care professionals working in the field of dementia, in residential or day care center (social workers, psychologists, trainers, doctors, care staff)

Family carers of persons with dementia

Persons diagnosed with dementia

Results

Booklet: "Life in a story: Creative arts and storytelling use for Alzheimer Disease patients' and carers' support in UK, Greece, Romania, Bulgaria and Ireland "

Training programme using theatre and storytelling, targeting health and social care professionals for a better support for older people with Alzheimer Disease

A Train of Trainers will be held in Dublin, Ireland, by Gaiety School of Acting with participants (trainers) from each country. The training program will be piloted in Romania, Bulgaria, Greece and United Kingdom on: 20 health and social care professionals/country in dementia field; 12-15 persons with dementia/country, by the professionals and partners' trainers.

Toolkit for family carers – Improving communication between family carers and persons diagnosed with dementia, through role play and storytelling

Policy recommendation for creating dementia-friendly communities/institutions in terms of raising awareness and integrating tools as creative arts in the care of persons with AD

One **Advocacy Seminar** "Dementia-friendly communities and institutions" in Romania
Five final **workshops** in Romania, Bulgaria, Greece, United Kingdom, Ireland

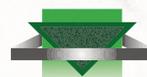


Partnership

Romanian Alzheimer Society •



Habilitas – Center for Resources and Professional Training •



The Gaiety School of Acting, The National Theatre School of Ireland •



Alzheimer Bulgaria Association •



The Greek Association of Alzheimer Disease and Related Disorders (Alzheimer Hellas) •



Bournemouth University, United Kingdom •

