

MEMORY WORKSHOP

OPERATING MODEL

IN THIS MODEL THERE ARE SIX TOPICS FOR SIX INDIVIDUAL WORKSHOPS, DURATION 1,5 HOURS EACH. PRAGMATIC TOOLS USED IN THE WORKSHOPS INCLUDE PICTURES, COLORS, SOUNDS AND MUSIC, HANDCRAFTS AND LOW-KEY EXERCISE. READING AND WRITING CAN CAUSE DIFFICULTIES. GETTING TO KNOW EACH INDIVIDUAL GROUP AND TO TRY-AND-TEST ARE THE BEST WAYS TO FIND OUT WHAT WORKS WITH EACH OF THE GROUPS.

1 MEMORY POSTER



THE GOAL:

To demonstrate to participants why memory is so important, how memory functions, what is the meaning of brain health and a healthy life style

MEANS:

To make a memory poster on a paperboard. Paperboard is filled with text and pictures relating to the theme, e.g. cut outs from magazines. Pictures of friendship, sport, healthy food and other items that are good for us, our brain health and memory can be used. Posters are then presented and can be exhibited at the activity center. When posters are on display they can be restudied and the important facts will be better remembered.

2 SOCIAL INTERACTION AND FRIENDSHIP



THE GOAL:

Participant learns to understand the meaning of social interaction to one's memory and well-being

MEANS:

To make a poster about friendship. Instructor cuts out paper hearts beforehand. Participants write on the hearts what they think is required of a good friend, characteristics e.g. kind, supportive, trustworthy. Next participants write on hearts what they would like to do with a friend, e.g. go to the movies, listen to music, go for a walk. Together hearts are glued on paperboard, characteristics on the left and to do on the right side. While assembling the poster the group can discuss the topic emphasizing the importance of social interaction to one's memory and well-being.

3 SLEEP



THE GOAL:

Participant learns the meaning of sleep hygiene, what effects sleep has on one's memory, how to improve quality of sleep and sleeping habits.

MEANS:

Instructor prepares beforehand sleep-cards, pictures of what can improve and what can decrease sleep quality. In pairs or small groups cards are divided into piles of pluses and minuses regarding to sleep quality. It is important to discuss the decisions and reasons for one's decisions. There is not always only one right answer. Participants can share their own tips and experiences about the theme.

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4 EXERCISE



THE GOAL:

Participant learns what effect exercise has on brain health and memory. Participant is encouraged to exercise in various different ways.

MEANS:

Means: Instructor explains how exercise enhances brain health and memory. Participants can tell about their own exercise tips and experiences. Different ways of exercise can be introduced and tried out, e.g. sit-down dancing.

5 NUTRITION



THE GOAL:

Participant learns what healthy nutrition means and how to have a healthy diet.

MEANS:

Instructor prepares beforehand empty food pyramids and pictures of food. In pairs or small groups participants fill the food pyramid. Pyramids are then studied together, places of pictures corrected and explained if necessary.

6 SYMPTOMS OF DEMENTIA



THE GOAL:

Participant learns about symptoms of dementia.

MEANS:

Discussion about symptoms, using pictures to illustrate, revisiting what has been learned during the workshop series. Participants can tell about their own experiences about people with dementia. Instructor can prepare brain games etc.

