



ITALY

CASE STUDY N°3

PAPER B

ZEBRA FORMATIONS ASBL  
HANNUT  
BELGIUM



**WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...**

With very little opportunities for stimulating social contacts within their residence, leading to depression and poor concentration, the very aged persons need to be reconnected to a real world of relationships and to be given genuine responsibilities, even limited, concerning their everyday life. This can be done in a pleasant atmosphere while taking part in discussion or reminiscence groups that have to be organised regularly and supervised by qualified staff. These groups can be composed of mixed generations to create a sense of real life. To involve the residents in the process of decision making they may be asked to talk about a favourite subject they can share with others, illustrating it with things they may have kept such as a photograph, a personal item of clothing or object that has emotional or sentimental value for them, like a ring or a souvenir. The activities can take place in the form of lively games they can enjoy and from which they will be able to learn something from others. Gradually their interest should be aroused and the “learners” will be looking forward to the next session.

**NECESSARY CONDITIONS: MATERIAL / PLACE / TIME**

All the senses, hearing, seeing, smelling, tasting, touching have to be associated with the activities so the it will be necessary to provide any material that can satisfy this objective ( music, pictures, flowers, food, textiles). Activities should be undisturbed and there should be a special quiet room where the participants will not be disrupted by noise or people passing. Organisers should decide on the best time of the day when residents are most alert.

**POSSIBLE OBSTACLES**

Lack of determination and a negative feeling that “it will not work” could be the greatest obstacles

**ILLUSTRATION**

