



CLUB SENIOR NORDSTAD

ETTELBRUCK

LUXEMBURG



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

- ...to contact your seniors in an emotional way. EMOTION is ACTIVATION! –
- Try to find contact with schools in the region. Children have much less difficulties to reach (approach) older persons. Organize an hour dancing on chairs. This is physical, mental and emotional activation.
- Organise gardening days together with the children to give the seniors the feeling to be necessary, helpful and useful.
- Knitting, hooking... together with the children as a playful activity. Depending on the means and faculties of the seniors they can try to show the children how to knit. Try to sell the products in an exhibition or a public festival (SAGRA)
- Organise some “sagras” depending on the season and invite families and inhabitants of the region. The old people feel accepted and to be a part of a community.
- SUCCESS is MOTIVATION !
- Try to adapt all playful activity in a way that the seniors have success in doing it. If the activity is too difficult and they could not manage it, they will move back. **So use errorless training-methods!**
- Some special playful activities could be Games for brain training, Senior Gymnastic with Music and special material like balls and scarves, Dancing on chairs, percussion instruments, Singing – even people with dementia illness could often sing Lyrics of traditional songs, ...

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

- Train the staff to work with the seniors with dementia illness – errorless training methods to make successful experiences,
- You need a concept plan with the agreement of all participants , Staff has to pull together in the same direction, Staff has to stay with the seniors during the activities
- Find some schools interested in working regularly in this project
- Invest in Material especially for seniors and persons in wheelchairs (p. ex. high construction for planting flowers and vegetables, percussion music instruments, special music CD’s, material for senior gymnastic, etc.)
- Try to integrate the kitchen work - and flower garden in the park of the Villa Fabiola
- Create some ritual training times and publish the plan with pictures – Rituals could give safety to dementia patients

**POSSIBLE OBSTACLES**

- Staff will not change working methods
- Staff has to travel for the special training
- Probably it needs more time, guidance and patience to initiate new activities at the beginning
- A case manager is needed to coordinate the activities with school and family. Perhaps you need to engage someone new from outside

**ILLUSTRATION**



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PAPER B

