

WORKSHOP PRACTICALITIES | WORKING WITH OLDER PEOPLE

BASIC GUIDELINES:

1. **Who is it for?**

Attendees background

2. **Location of the session**

art room / common room, dining area

3. **Group size**

8 – 10 participants (min. support)

4 – 6 people with early stages Dementia

2-3 people middle stages Dementia

1-2-1 preferable for late stages Dementia

1. **Workshop content / materials / props**

General themes (*until you get to know individuals*)

Personalise sessions where possible (love of flowers, animals, a particular artist, link to their past)

2. **Structure**

Begin - intro the activity (demo)

Middle – people doing the activity (support)

End – reflecting & sharing work & experience

3. **Length of session**

Concentration and ability to focus

approx. 2-2.5hours with a break (tea)/time at the end for tea and reflection

Approx. 1-1.5hours for dementia/disability group. Allow for rests, chatting, people arriving late, collecting people.

Leave space to reflect on the session

Everything takes longer and requires being 100% in the process and moment

4. **Preparation / Set-up**

Good preparation is essential.

Plan & Preparation

– test how long an exercise may take.

Life happens so have your lesson plan and props ready 1 -2 days before

Set-up: arrive in good time to *create the space* and set up (inviting mood)

ASSIGNMENT: CREATE A PERSON-CENTRED SESSION FOR AN INDIVIDUAL OR WORKSHOP FOR A GROUP OF OLDER ADULTS OF VARYING ABILITIES

Decide the following:

1. Person/Peoples' Age and Gender
2. Diagnosis/Impairments (if any) - how will you adapt the activity to varying abilities of the group

To help create a realistic workshop presentation/demo, create a short *fictitious* bio on the person/people you are planning your session for. i.e. *Fred is 87, recently widowed, has Parkinson's but only presents a tremor. He used to like fishing. He now enjoys reading, although this is becoming increasingly difficult with his progressive macular degeneration.*

Presentation/Demo duration: 10 minute / 5 minutes for questions & feedback

Presentation Delivery: You may choose to demonstrate your activity, bring props where possible or photos/images.

Please type up your presentation synopsis, list or provide images of any props you will use. Please provide copies on the day to share with our peers and tutor.

Consider the following:

People (male/female/mixed)

Ages

Ability (illnesses or impairments)

Group size – what's practical and manageable based on the above

Venue (care home / day centre/private) – lighting, space to access participants

Support required (yes/no) – if carer supports, brief them how you would like their help

Materials/ Props

Format (begin/middle/end)