



TRAINING ACTIVITY 6

FIT TO FLY. THE FINAL REHEARSAL

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Description of the activity

Objectives:

- To improve the abilities in socialization of PwAD.
- Improving interpersonal relationships and their connections.
- Increase self-confidence through art
- To improve memory and others cognitive and executive functions
- Encouraging personal autonomy.
- To improve the QoL of PwD.
- To encourage PwAD for fun and enjoyment
- To improve their mobility
- To reduce behavioural and emotional disorders
- To improve the QoL of PwAD

Participants:

- People with Mild-Moderate Alzheimer
- Relatives
- Professionals who works with PwAD

Competences to be trained (relatives and professionals):

- Knowledge of dementia
- ability to communicate with PwAD adequately and respectfully
- Ability to deal with difficult or severe reactions of the PwAD
- Knowledge and competence about art therapy
- Knowledge of ICTs
- Ability to work and collaborate in a team
- Willingness to learn new things about art therapy.

Competences to be trained (PwAD):

- Ability to work and collaborate in a team
- Social emotional abilities

Training contents: Music, Drama and Dance Therapy for PwAD

- Impacts on cognitive, behavioral and emotional symptoms.
- Main methodologies and tools to use arts as therapy for PwAD.
- Application in domiciliary environments.



- Digital tools to enhance Creative Art Therapies.

Estimated duration:

- F2F: 22 hours and 30 minutes.
- Online: 2 Hours and 25 minutes.

Implementation

ACTIONS F2F/ONLINE	EXPLANATION, TIMING AND RESOURCES NEEDED
<p>Opening</p>	<p>First of all, professional/relative should read guidelines for trainers:</p> <ul style="list-style-type: none"> - How to make PWD cooperate in a Group Dynamic. - How to communicate with PwD. - Some ideas on how to prepare the action(s). - Understanding the concept of planning. - Understanding the factors that influence the process. <p>After that professional/relative starts the activity asking users to remember what was done in previous meetings, if necessary with the help of photos and short videos made in the previous meetings.</p> <p>The activity consists in working to create the final show.</p> <p><u>Timing:</u> 45 minutes (15 minutes to read the guidelines).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to make PWD to cooperate in a Group Dynamic. ▪ Guidelines for trainers: Some ideas on how to prepare the action(s). ▪ Guidelines for trainers how to communicate with PwD. ▪ Laptop/computer and videos of previous meetings ▪ apps to rehearse songs and acting (the example apps links are written in the next pages)
<p>EA. The music show company put all pieces together.</p>	<p><u>Explanation (what to do).</u></p> <p>In this section we will work on becoming a true "musical performance company".</p> <p>In the previous sessions we have worked on the different artistic forms, preparing dances, sets, music and acting. Now we have to put all the parts together and build a single show.</p>

	<p>This part can be difficult or stressful for people with Alzheimer's or dementia, so we need to be prepared to handle possible behavioral reactions, and it's important to review the guidance in the materials. It is important to remember that our aim is not to create a perfect show but to provide a beautiful experience for the participants.</p> <p>To create team spirit, in this activity the participants choose the name of their company and design the logo. To choose the name, the proposals can be listened to and the group votes by majority vote by raising hands. For the logo, everyone draws what the name makes them think, then the most beautiful idea is voted on and it is realized all together by painting on a large sheet that will be shown at the show.</p> <p><u>Timing:</u> 1 hour (45 minutes with users and 15 minutes to prepare everything before and after the action finishes)</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ● sheet and materials for painting ● show script ● props and scene objects prepared with pictorial arts ● Guidelines for trainers: how to make PWD to cooperate in a Group Dynamic. ● Guidelines for trainers: Some ideas on how to prepare the action(s). ● Guidelines for trainers how to communicate with PwD. ● Laptop/computer and videos of previous meetings ● apps to rehearse songs and acting (the example apps links are written in the next pages)
<p>EA. Drama, music, dance and arts are trained as set in the script and as developed in the previous</p>	<p><u>Explanation (what to do)</u></p> <ul style="list-style-type: none"> ● Depending on the impairment of the user the professional/relative could take part more or less in the activities ● Sometimes users need support to figure out when to start or stop dance, drama or sing or how to position themselves in space, professional/relative can give them hints and tips to make them easier (see guidelines for trainers: "hints and tips"). ● Depending on the impairment of the user the professional/relative could take part more or less in the activities

	<ul style="list-style-type: none"> • Sometimes users need support to figure out when to sing or how to position themselves in space, professionals/relatives can give them hints and tips to make them easier (see guidelines for trainers: “hints and tips”). <p><u>Timing:</u> 15 minutes (15 minutes to read the guidelines) and 2 hours for the activity (45 minutes for session)</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> • Guidelines for trainers: “Hints and tips”. • Laptop/computer <p>Tell users we have to put together the music we have chosen for the show.</p> <p>This task could carry out following the next steps:</p> <ul style="list-style-type: none"> • Ask users to remember the music we have chosen or created in the previous meetings to perform a show, if necessary we can use videos of the previous rehearsals or recorded backing tracks. If reading skills are maintained, lyrics can be provided. • Explain to them we have to put together those songs, and try them in the chronological order in which they will be performed in the final show. <p><u>Timing:</u> 45 minutes (30 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> • Laptop/computer. • videos of previous meetings • recorded backing tracks • Lyrics of the songs <p>Let’s play!</p> <ul style="list-style-type: none"> • Perform the activity: show the materials and sing or play the songs they have chosen in the order in which they will be performed in the show. • Prepare the environment in the place where the show will take place (see how to prepare the environment). • Before starting professional you should activate PwD by following the next steps: <ul style="list-style-type: none"> • First, the professional / relative reminds them what they are about to perform. • So, practice with the lyrics. • Finally, sing the song several times. • Once we're ready: let's play!
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Timing: 1 hour (45 minutes with users and 15 minutes to prepare everything before and after the action finishes).

Training Materials and resources:

- Laptop/computer.
- videos of previous meetings
- recorded backing tracks
- Lyrics of the songs in the order they will play in the final show

Now tell users we have to put together all the artworks we have prepared previously, and trained them as set in the script.

This task could carry out following the next steps:

- Ask users to remember the dance, drama and other artworks we have chosen or created in the previous meetings to perform a show, if necessary we can use videos of the previous rehearsals or show the art materials.
- Explain to them we have to put together all the artworks we have prepared: music, dance, drama and arts.
- Explain to them we have to try all those artworks following the script we have prepared previously.

Timing: 3 hours (this activity can be divided into three different days, in which the group can carry out meetings lasting one hour each.

Training Materials and resources:

- Laptop/computer/tablet, etc.
- videos of the previous meetings
- script
- Guidelines for trainers: how to prepare the environment.
- sets, costumes, prepared materials

Let's play!

- Perform the activity: show the materials, drama, dance, sing and play the show following the shared script.
- Prepare the environment in the place where the show will take place (see how to prepare the environment).
- Before starting professional you should activate PwD by following the next steps:
 - First, the professional / relative reminds them what they are about to perform.

	<ul style="list-style-type: none"> • So, practice their role. • Finally try several times. • Once we're ready: let's play! <p><u>Timing:</u> 3 hours (2 hours and 45 minutes with users: this activity can be divided, according to the needs of the group you are working with, in three different days, in which to carry out meetings lasting one hour each or breaks can be inserted every hour; and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> • Laptop/computer. • videos of previous meetings • Script • recorded backing tracks • written text of the songs in the order they will play in the final show
<p>Rehearsals</p>	<p><u>Explanation (what to do)</u></p> <p>Before starting to work as a professional you should activate PwD by following the next steps:</p> <p>First, the professional / relative reminds them of the performance of the show and what they are about to perform. To do this you can ask open questions, show objects created for the set, used in previous meetings, and show short videos.</p> <p>Then, each of the participants practices their role. Each PwAD is supported and helped in this by a family member or professional who helps him to remember what to do in his role, and to manage any difficulties</p> <p>Finally, rehearse several times, both at home with the support of video and the script and together in the place where the show will take place. Karaoke apps can be used to rehearse the songs from the show at home, for example:</p> <p>https://play.google.com/store/apps/details?id=com.smule.singandroid&hl=it</p> <p>for acting a useful app could be this:</p> <p>https://apps.apple.com/it/app/rehearsal-pro/id1116896197</p>

	<p>This app is also used professionally by Hollywood actors. It is one of the most powerful and complete actor-specific apps. You just need to have your script in PDF and open it with Rehearsal. The app then allows you to divide the script into scenes and highlight your lines (which you can later blacken). And here we are at the main function of this app. Rehearsal allows you to record the lines of other actors and then repeat your part as many times as you want!</p> <p>It is a very useful app but difficult to use independently by a PwAD, so it must be supported by a family member or professional in setting and use</p> <p>Timing: 12 hours (2 hours online session at home, in which everyone could try their role with the support of the script, videos and app; 10 hours F2F, developed in 5 days, to try together in the place of the show with users and 15 minutes to prepare everything before and after the action finishes).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ● Laptop/computer. ● videos of previous meetings with the drama, music art they have prepared ● materials of the shows (costumes, props, sets) ● Script ● app
<p>Closure</p>	<p>Present the results of the training to the other users, families and professionals. The results can be presented in a meeting, to be carried out in person or online, with the help of a powerpoint presentation and video of the creative process</p> <p>Timing: 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p>Resources: laptop/pc or cd player to play the videos.</p>