



TRAINING ACTIVITY 7

SHOW MUST GO ON. PREMIERE DAY



Description of the activity

Whether a musical show is staged or not at the end of this training, it is paramount to get feedback from the participants. The main idea of this training is to improve socialization of PwAD and to motivate PwAD, relatives and professionals, about the importance of CATs for Quality of Life and to inform them on how to use DTs for supporting the implementation of CATs, include the participation of relatives and professionals.

Objectives:

- Encourage extroversion
- Improve social abilities
- Realisation of a smooth show
- To improve interpersonal relationships and help create bonds
- To increase joy of life for PwD and their families
- To give PwD and their families a purpose and expectations

Participants:

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

Competences to be trained (relatives and professionals):

- different channels of communication
- concentration
- social skills
- collaboration
- fine motor functions
- perception of sound, colour, shape, space, proportion, rhythm

Competences to be trained (PwD):

- to improve a wide range of cognitive skills including attention, episodic memory and executive function
- to more sustained attention
- to support non-verbal communication
- increase in contentment and relaxation in groups and eagerness to socialize



Training contents:

- Preparing the stage and altering the costumes
- Selecting roles for relatives and professionals in the show
- Warming up:
 - Checking and repeating the script and the characters.
 - “Setting in” the roles of the show adjusted to PwAD capabilities and likes
 - putting on the costumes
 - Relaxation before starting
- The show
- Closure (and after “party”?)

Estimated duration:

- F2F: 4 hours.
- Online: 1 hour

Implementation

<p style="text-align: center;">ACTIONS</p> <p style="text-align: center;">F2F/ONLINE</p>	<p style="text-align: center;">EXPLANATION, TIMING AND RESOURCES NEEDED</p>
<p>Opening</p>	<p>Step 1. Group members introduce themselves to each other: Professionals/relatives should read guidelines for trainers:</p> <ul style="list-style-type: none"> - How to make PWD cooperate in a Group Dynamic. - Some ideas on how to prepare the action(s). - How to communicate with PwD. <p>After that professional/relative starts the activity asking users what the title of the activity evokes or reminds them (a musical, a poster, a stage, a costume, etc) or what they think the activity is about... after that carrying out an introduction explaining the activity. The activity consists of learning material for designing a stage and costumes for any selected musical show.</p> <p>Timing: 15 minutes (15 minutes to read the guidelines). Training Materials and resources:</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 <p>Step 2. Explanation of the purpose of the task and making common decisions:</p> <ul style="list-style-type: none"> ▪ Determination of the start/stop times and rules of the task; ▪ Resolution of the expectations of the managers/trainers/members; ▪ The responsibilities and promises of the participants to achieve the goal of the task and comparison of those offers with the expectations, making decisions to overcome discrepancies that result from this comparison.

	<p><u>Timing:</u> 15 minutes</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Fliptop/Board▪ Laptop/computer <p>Step 3.</p> <p>Studying Scenario and reviewing the rehearsals:</p> <ul style="list-style-type: none">○ Evaluate the elements of the script such as people, event or situation, place, time, actors, director, audience:<ul style="list-style-type: none">▪ People: The event, which is the subject of the scenario, happens to a person or a group.▪ Event or Situation: The plot/theme and the resulting feelings such as liking, desire, longing, passion, anger, fear, etc.▪ Location: the location the plot takes place.▪ Time: the time zone the plot takes place.▪ Actors: the roles/characters in the script, related makeup, costumes, accessories suitable for these roles.▪ Director: It is the person (preferably a CA therapist or a professional) who supervises the actors and ensures that the link between events is not broken. <p><u>Timing:</u> 30 minutes</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Fliptop/Board▪ Laptop/computer▪ A digital copy of the selected show to present <p>Step 4.</p> <p>Selecting PwAD roles in the show adjusted to their capabilities and likes.</p> <p><u>Timing:</u> 15 minutes</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Fliptop/Board▪ Laptop/computer▪ A digital copy of the selected show to present
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Step 5.

Selecting roles for relatives and professionals in the show adjusted to their capabilities and likes

Timing: 15 minutes

Training Materials and resources:

- Flitop/Board
- Laptop/computer
- A digital copy of the selected show to present

Step 6.

Analysis of the costumes and makeup needed for each character in the show

- Discussing the details of the costumes used in the show
- Discussing the makeup required.

Timing: 15 minutes

Training Materials and resources:

- Laptop/computer/tablet, etc.
- A digital copy of the selected show to present

Step 7.

Recall the songs, tunes, melodies related to each character in the show

- Rehearsing the music involved.

Timing: 30 minutes

Training Materials and resources:

- Laptop/computer/tablet, etc.
- A digital copy of the selected show to present

Step 8.

Brush up the dances related to each character in the show

- Practising the dances involved.

Timing: 30 minutes

Training Materials and resources:

- Laptop/computer/tablet, etc.
- A digital copy of the selected show to present

Step 9.

Preparation of the stage:

- Prepare the stage and add things that can help the participants.
- Prepare the place and limit the stage.
- Put all the elements selected on the stage.

	<ul style="list-style-type: none"> ▪ If it is necessary, indicate with stickers where the users should be ▪ A spot with a microphone where all should stand and talk. ▪ An assistant to help users with the microphone or to give it to them when it is necessary in order to help them to remember the order. ▪ Assign a prompter or prepare papers with the scripts. ▪ A big screen with the video of the selected dance. ▪ Papers with the lyrics of the song.
<p>EA. A final open show for the Community is represented.</p>	<p><u>Explanation (what to do)</u></p> <p>Step 1. Relaxation before starting: <i>Participants will be in the place 45 minutes before the show starts. When they arrive there everything should be done.</i></p> <ul style="list-style-type: none"> ▪ Activities that can help them feel confident and relaxed. ▪ Breathing exercises. ▪ Singing several songs of the show. ▪ Telling them that the professional is going to stay there indicating what they have to do. <p>Step 2.</p> <ul style="list-style-type: none"> ▪ Open Show ▪ The show is presented to the audience. ▪ The presenter can do a brief explanation to the audience of some key parts of the show. <p>Step 3. <u>The Show:</u></p> <ul style="list-style-type: none"> ▪ takes place, actors come into the stage. ▪ the presenter coordinates the show and assists PwAD in performing their roles. ▪ Training Materials and Resources ▪ Sheets of paper ○ PPT to project images, a landscape or photos (if applicable or needed) <p>Timing: 2 hours (preparation by the facilitator).</p>
<p>ICTs or Apps that can help to develop the Show.</p>	<p>PPT to project images, a landscape or photos (if applicable or needed)</p>

	<p>Internet to use youtube or links for listening to music or special effects...</p> <p>Loudspeakers (if applicable or needed)....</p> <p>Sound system (if applicable or needed)....</p> <p>Camera (if applicable or needed)....</p> <p>Web streaming (if applicable or needed)....</p>
<p>Closure</p>	<p>Whether a musical show is staged or not at the end of this training, it is paramount to get feedback from the participants. The main idea of this training is to improve socialization of PwAD and to motivate PwAD, relatives and professionals about the importance of CATs for Quality of Life and to inform them on how to use DTs for supporting the implementation of CATs, include the participation of Relatives and professionals.</p> <p>The trainer can prepare small snacks for participants. In addition, the trainer can also prepare certificates for participants that they have performed the show.</p> <p>The group photo can be included in the certificate.</p> <p>Workshop for exchanging experiences.</p> <ul style="list-style-type: none"> ▪ Ask every person to write a word in a piece of paper regarding how they felt about the show. ▪ Each one shows it to the other and explains. ▪ Put all the words together to create the outcome of the work. ▪ Ask them to choose to draw, sing or dance as a closing action (one by one or in pairs).