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AD-ARTS
DESIGNED EXPERIENTIAL TRAINING ACTIVITIES



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INTRODUCTION

AD-ARTS is launched with the main objective of increasing the competences (attitudes, knowledge, skills) of PwAD (Mild and Moderate), Relatives and Professionals on the implementation of CATs supported by DTs for improving their Quality of Life. Specific objectives:

- To aware/motivate this group about the importance of CATs for QoL
- To transfer knowledge, guidelines and procedures on how to implement CATs for producing proper behavioral and emotional outcomes.
- To transfer knowledge, guidelines and procedures on how to use DTs for supporting the implementation of CATs.
- To improve socialization of PwAD, including the participation of Relatives in the implementation of CATs supported by DTs with PwAD out of the care centers.

DESIGNED EXPERIENTIAL TRAINING ACTIVITIES (DETAs) are built based on the simulation of the creation of a “Training-Music Show” with the participation of PwAD, Relatives and Professionals, as an activity which encompasses all the areas considered in the scope of CATs (drama, visual arts, music and dance). Along the creation and preparation of the “Training-Music Show”, all the members of the Target will increase their competences “learning by doing”

DETAs are produced as a set of Tangible Templates including, among others, a detailed explanation of the methodology to implement, number of recommended trainees, duration, resources and tools needed, scenarios for real environment experiences and how to use the Training Materials (I.O.2 is different and complementary to I.O.3, both needed for the implementation of the Training Program)

DETAs are designed to be implemented with the common participation of PwAD, Relatives and Professionals, where they will develop their competences through sharing capabilities and cooperation. PwAD will experience the purpose and the dynamics of CATs supported by DTs. Relatives and Professionals will learn how to give the proper support to PwAD on how to participate in CATs supported by DTs, both in domiciliary and care center environments

DETAs will be structured along **7 Training Activities (TA)**, divided into different sessions, that follow the thread of what it means to define and develop a music show.



TRAINING FRAMEWORK

According to the Application Form and the Co-Created Methodological Guide (I.O.1), the Training Activities are designed within the next framework:

1. Introduction. Some general guidelines for professionals/relatives are:

- The way that people live with dementia depends on many factors, including physical status and image, emotional stress, the environment in which they live and the support that is available to them.
- It is not necessary for all people to have all the symptoms but some of these symptoms may occur at any of the stages.
- Also, professionals/relatives should be aware that in all stages can occur brief periods of clarity.
- As the disease progresses, the ability to communicate verbally decreases, so it is preferable to use simple everyday words and short sentences. Speech should be clear and fast-paced should be avoided.
- Maintaining eye contact is important, as it helps PwD to keep their interest and attention for a longer time. During a discussion, time should be given to process the information and complete the thought without criticism or interruption.
- The training place should be comfortable and friendly.
- The duration of each session does not exceed 60 minutes.
- The ultimate aim is to socialize and improve the quality of life of people with dementia.

2. Objectives and Expected Results

General objective:

Increasing the competences (attitudes, knowledge, skills) of Persons with Mild-Moderate Alzheimer and other Dementia (PwAD), Relatives and Professionals on the implementation of CATs supported by DTs for improving their Quality of Life.

Specific objectives:

- To aware/motivate this group about the importance of CATs for QoL
- To transfer knowledge, guidelines and procedures on how to implement CATs for producing proper behavioural and emotional outcomes.
- To transfer knowledge, guidelines and procedures on how to use DTs for supporting the implementation of CATs.
- To improve socialization of PwAD, including the participation of Relatives in the implementation of CATs supported by DTs with PwAD out of the care centres.

Expected results:

- A portfolio of activities based on the CATs which make use of DTs.
- Empowered relatives to support PwAD.
- Awarred/motivated group about importance of CAT's for QoL.
- Using CATs for producing proper behavioral and emotional outcomes.
- Using DTs for supporting the implementation of CATs.
- Greater socialization of PwAD.
- Greater inclusion of relatives in CATs with PwAD, supported by DTs.



3. Target Group

PwAD (Mild and Moderate).

Relatives of PwAD.

Professionals who care about PwAD.

4. Competences to be developed

Competences of Professionals:

- Willingness to learn new things about dementia and CAT.
- The joy of working with people with dementia.
- Knowledge of ICT tools. During the activities we will use ICT technology and teach learners about it.
- Ability to assist the CAT trainer in case the PwAD does not collaborate.
- Ability to deal with difficult or embarrassing situations. PwAD may react differently to a particular event in a way we would not expect.
- Maturity and respectful manner.
- Be adaptable and flexible with situations. When working with people with dementia, flexibility and patience are expected of us.
- Knowledge of communication with PwAD. We use specific communication guidelines with people with dementia, as it is important that we adapt to them.

Competences of relatives:

- Willingness to learn.
- Willingness to participate.
- Openness to ICT technology.

Competences of PWAD:

- Accept support from trainers.
- Motivation and enjoyment.
- Willingness to learn.
- Openness to ICT technology.

5. Structure and duration

TRAINING ACTIVITY	HOURS FACE2FACE*	HOURS ONLINE*
1. PREPARED, READY, ACTION!	8 hours and 30 minutes	3 hours
2. WHAT A WONDERFUL WORLD. SETTING THE STAGE.	13 hours	4 hours
3. TO BE OR NOT TO BE. THE REHEARSALS 1.	10 hours and 30 minutes	4 hours
4. PLEASE DON'T STOP THE MUSIC. THE REHEARSALS 3.	15 hours	9 hours
5. I WANNA DANCE WITH SOMEBODY. THE REHEARSALS 2.	10 hours and 30 minutes	90 minutes
6. FIT TO FLY. THE FINAL REHEARSAL.	22 hours	2 hours 25 minutes
7. SHOW MUST GO ON. PREMIERE DAY.	4 hours	1 hour

*These hours are an average estimation. The Training Program will be fully flexible and, therefore, the duration will be extended or reduced depending on the training groups