



TRAINING ACTIVITY 1

PREPARED, READY, ACTION!

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Description of the activity

Objectives:

- To improve the QoL of PwD.
- 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 PwD, including the participation of Relatives in the implementation of CATs supported by DTs with PwD out of the care centers.

Participants:

- People with Mild-Moderate Alzheimer or other dementia.
- Relatives of PwD.
- Professionals who work with PwD.
- Professionals who know about CAT.

Competences to be trained (relatives and professionals):

- Having an ability to communicate with PwD.
- Ability to deal with difficult or embarrassing situations.
- Working in a team.
- Support by professionals from CATs.
- Support by professionals who know about PwD.
- Knowledge of dementia.
- Maturity and respectful manner.
- Willingness to learn new things about drama therapy.
- Willingness to learn new things about ICT tools.



Competences to be trained (People with Mild-Moderate Alzheimer, PwAD):

- Willingness to learn.
- Attention training.
- Memory training.
- Ability to tell stories.
- Talk about memories.
- The ability to create new stories.
- Group work training.
- Social skills; perception of colour, shape, space, proportion.

Training contents: Drama Therapy for PwAD

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

Estimated duration:

- F2F (Face to face) 8 hours and 30 minutes
- Online 3 hours

Implementation

ACTIONS F2F/ONLINE	EXPLANATION, TIMING AND RESOURCES NEEDED
<p>Opening</p>	<p>First of all, professionals/relatives should read guidelines for trainers:</p> <ul style="list-style-type: none"> - How to make PwAD cooperate in a Group Dynamic. - Some ideas on how to prepare the action(s). - How to communicate with PwAD. <p>After that professionals/relatives start the activity asking users (PwAD) what they think they will do or what they think the activity is about. After that professionals carry out an introduction explaining the activity.</p> <p>The activity consists of drama story telling named kamishibai. Kamishibai is a form of Japanese street theatre and storytelling. In our case, participants will be able to tell stories freely with the help of <u>pictures</u>. Each participant will be able to tell their own story. This way, participants will not be burdened with having to memorize a scenario. The event will be led by an expert in the field of art therapy, who also knows the specifics of dementia.</p> <p><u>Timing:</u> 15 minutes (to read and present the guidelines).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to make PwAD 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. ▪ Guidelines for trainers: an example of how to create the pictures for Kamishibai/storytelling or an example of how the pictures should be. ▪ Laptop/computer. ▪ Internet access.

	<ul style="list-style-type: none"> ▪ Projector.
<p>GD. Deciding together what our play/show is about.</p>	<p><u>Explanation (what to do):</u></p> <ul style="list-style-type: none"> - Involvement of relatives: Depending on the impairment of the user the professional/relative could take part more or less in the activities. - Sometimes users need support to make decisions or choose things. - Professionals/relatives can give them hints and tips to make them easier (see guidelines for trainers: “hints and tips”). <p><u>Timing:</u> 30 minutes (20 minutes + 10 minutes to read the guidelines).</p> <p><u>Training Materials and Resources:</u></p> <ul style="list-style-type: none"> - Guidelines for trainers: “Hints and tips”. - Laptop/computer - Whiteboard - Frame for kamishibai <p>First we can talk about different topics that PwAD feels connected/close to. For example: talk about childhood, work, family, hometown, school times, hobbies of early life etc.</p> <ul style="list-style-type: none"> - Trainer explains to users we are going to perform a show and we need a story for it. - Trainer explains to them we have 3 options: create it, select it or both. And we have to choose one of the options. - Tell participants what the options mean. That means the professional explains to the participants that “creating it” means we made up a story together; “select it” means that the participants under supervision of a professional chooses one of the stories the professional prepared in advance. <p><u>Timing:</u> 30 minutes (20 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p>

Training Materials and resources:

- A presentation of the 3 options with examples (if applicable).
- Laptop/computer.
- Whiteboard
- Frame for kamishibai
- Other kamishibai materials

Decide among everybody what we want: select or create or both (mix).

Select the topic of the show: trainers shall talk about stories that make the participants feel connected to, stories that evoke certain emotions in them, stories that make them feel good etc. Trainer leads participants through the process of choosing the topic. Trainer writes all the suggested topics on a white board and participants choose one together or trainer chooses the one that is mentioned the most times. The decision shall be made in agreement between trainer and participants.

- Trainer asks the participants about their opinion regarding the suggested topics.
- Write the opinions on a board so they can see/read them.
- After that they can vote and the trainer writes the "+" signs next to each voted topic.
- Together they present what are the elements (connections, emotions...) of the selected topic and how they should address them.

Choosing an existing story: users choose one of the story titles suggested by the trainer.

- Trainer prepares some stories in advance. Those stories are from times when participants were young or evergreen so participants can feel connected to them. For example:
<https://www.naplesisterlibraries.org/kamishibai-theater-and-book/>

	<p>https://www.amazon.com/Kamishibai-Story-Theater-Picture-Telling/dp/1591584043</p> <ul style="list-style-type: none"> • Participants choose one story under supervision of professional – professional writes all headlines of the stories on a white board and participants vote for the one they preferred the most. <p><u>Create a unique/new story based on memories of PwAD:</u> users think about their memories that they would share with others through storytelling.</p> <ul style="list-style-type: none"> • The professional encourages participants to tell one memory that means a lot to them and make them feel happy. • Professional writes all the memories on the white board. • After every participant expresses their memory, the professional prepares some scenarios with the memories in a certain order and participants vote for the one they preferred the most. <p>Mix: participants combine their own story with existing story.</p> <p>Timing: 135 minutes (3 sessions for 45 minutes)</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ A board to write what they think about every option or to write the ideas of the options. ▪ The presentation of the options.
<p>GD. Setting the Crew. Defining our roles in the play. What do I really like about arts?</p>	<p><u>If we decided to select an existing story:</u></p> <p>Once it has been decided (with the help of the professional or relative) we can start. The steps are:</p> <ul style="list-style-type: none"> • Participants already decided about the topic they prefer the most (in the previous chapter). The professional and PwAD talk about the topic chosen (asking questions about the topic of the story). For example: <ul style="list-style-type: none"> - Who appears in the story? - Where does the story take place? - When does the story happen? - What is their favorite moment in the story?

- Distribution of sheets and drawing accessories to users.
 - The professional explains to participants that it would be great if they would draw their memory.
- Deciding who will draw and then represent each part of the story.
 - Professional leads a conversation about which part of the story each one of participants would like to draw on the sheet. The professional asks each participant what they would like to draw their story with (for example tempera, crayons, colour pencils, etc.)
- Drawing a story (under supervision of the professional or relative).

Professionals/relatives encourage participants in case they notice that the participants get confused.
Professionals/relatives help participants retain the essence of their part of the story.
- Representation of drawing through storytelling according to the principles of kamishibai.

Each participant tells the part of the story behind their drawing to others. The professional/relatives can help and encourage the participant if they see the participant gets confused. The professional makes sure that the story takes place in the order they set at the beginning.

Timing: 45 minutes

Training Materials and resources:

- Laptop or computer.
- Projector.
- Paper sheets.
- Drawing accessories.
- Kamishibai equipment.

If we decide to create story for drama:

Once it has been decided (with the help of the professional or relative) we can start. The steps are:

- **Choosing the theme of the story.**

Participants already decided about the topic they prefer the most (in the previous chapter). For example, childhood. The professional can ask questions about the chosen topic. For example:

 - What happened there?
 - Who was with you?
 - Where was it?

	<p>- What was your part in the story? - Did you have a good time?</p> <ul style="list-style-type: none"> ● Distribution of sheets and drawing accessories to users. The professional explains to participants that it would be great if they would draw their memory. ● Deciding who will draw and then represent each part of the story. <ul style="list-style-type: none"> - Professional leads a conversation about which part of the story each one of participants would like to draw on the sheet. The professional asks each participant what they would like to draw their story with (for example tempera, crayons, colour pencils, etc.) ● Drawing a story (under supervision of a professional or a relative). The professional/relatives encourage participants in case they notice that the participants get confused. Professionals/relatives help participants retain the essence of their part of the story. <p>Representation of drawing through storytelling according to the principles of kamishibai. Each participant tells the part of the story behind their drawing to others. Professionals/relatives can help and encourage the participant if they see the participant gets confused. The professional makes sure that the story takes place in the order they set at the beginning.</p> <p><u>Timing:</u> 135 minutes (3 sessions for 45 minutes)</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop or computer. ▪ Projector. ▪ Paper sheets. ▪ Drawing accessories. ▪ Kamishibai equipment. <p><u>Considering the capabilities and wishes of users:</u></p> <ul style="list-style-type: none"> ▪ Throughout the process of making a theatrical performance, professionals take into account that users have different abilities and preferences. ▪ Professionals adapt the method to suit the users. Puppets can be used, narrated through singing, etc.
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	<ul style="list-style-type: none"> ▪ We don't force any of the users to do anything (for example, if they don't like drawing, we involve them more in storytelling or we find another way of cooperation that they like).
<p>PA. Prepared, ready, ACTION! Making the casting.</p>	<p>Representation of Kamishibai storytelling by professionals.</p> <ul style="list-style-type: none"> ● Professionals represent a short story so users can see what Kamishibai is about. ● The professional invites participants to sit in a semicircle, so everybody sees the frame for kamishibai. ● The professional prepares a short story and tells it to participants in kamishibai theatre so they can see how their storytelling should look like. ● The professional tells them they are going to represent their story in a similar way. <p>If they choose an existing story:</p> <ul style="list-style-type: none"> ● The professional takes the story and places it in the order for storytelling. On the back professional writes the name of the participant who will represent which part so that the professional can encourage him/her to tell the story when it is his/her turn. ● Each user tells a story next to a certain picture, the next one continues the story with a new picture. That means that the professional invites the storyteller of the picture in front of others. If a participant doesn't want that, he/she can present their part of the story from where they are sitting. ● Relatives and professional's role is encouraging users throughout the storytelling. That means they help them if the participant gets confused or doesn't know how to start/continue. <p>If you choose to create a new story:</p> <ul style="list-style-type: none"> ● Professionals take their drawings and place them in the order for which they have previously agreed. On the back

	<p>professional writes the name of the participant who drew the picture so the professional can encourage him/her to tell the story when it is his/her turn.</p> <ul style="list-style-type: none"> • Each user tells a story next to a certain picture, the next one continues the story with a new picture. That means that a professional invites the author of the picture in front of others. If a participant doesn't want that, he/she can present their part of the story from their seat. • Relatives and professional's role is encouraging users throughout the storytelling. That means professionals help if participants get confused or don't know how to start/continue. <p>Timing: 90 minutes (2 sessions for 45 minutes)</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop or computer. ▪ Projector. ▪ Paper sheets. ▪ Drawing accessories. ▪ Kamishibai equipment.
<p>EA. Storytelling the script. What do we want to "SHOW"?</p>	<p>Storytelling according to the principle of Kamishibai theater</p> <ul style="list-style-type: none"> • Every user represents one paper sheet of a story (chosen or created one; the one they agreed before in process). Professional invites each one to storytelling when it is his/her part. • Professionals and relatives encourage participants to represent their part of the story. They can help a participant if he/she gets confused, forget what to tell or similar. Professionals/relatives can start the story and encourage the participant to continue. Professionals can use encouraging words for motivation. • Professionals are in charge of moving the sheets of paper and connecting the story if users would not be able to. The professional has to make sure the participant expressed everything he/she wanted. And on the other hand the professional has to know when to stop the

	<p>participant if he/she begins to become too entangled in the story and when unpleasant emotions begin to show.</p> <p>Timing: 30 minutes</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop or computer. ▪ Projector. ▪ Paper sheets with story ▪ Kamishibai equipment.
<p>EA. ICTs or Apps that can help to develop a script by storytelling are for instance, Websites. BUBBLR or App. PUPPET PALS HD</p>	<p>https://www.youtube.com/watch?v=v6URceEr_zc</p> <p>https://www.youtube.com/watch?v=O_Ugic0n49M&t=458s</p> <p>https://www.youtube.com/watch?v=idD7Qbcqvv4</p> <p>https://www.youtube.com/watch?v=VK_CYU6KN8</p> <p>How to Draw – Easy Lessons: This application contains a series of drawing lessons.</p> <p>https://play.google.com/store/apps/details?id=com.artelplus.howtodraw&hl=en</p> <p>Microsoft Paint is a simple raster graphics editor that has been included with all versions of Microsoft Windows.</p> <p>Examples of Kamishibai pictures can be found on:</p> <p>https://www.pinterest.es/hrgarey/kamishibai/</p> <p>Examples of Kamishibai tales can be found on:</p> <p>http://www.kamishibai.com/store/stories.html#Princess</p> <p>(these can be purchased)</p> <p>Examples of Kamishibai (in Spanish)</p> <p>http://kamishibai.educacion.navarra.es/kamishibais/descargar-kamishibais/</p>
<p>Closure</p>	<p>Celebrating a well-executed Activity.</p>



	<p>We thank all participants for their participation. We commend them for doing well and summarize the good moments (when we had fun) of the activity.</p> <p>The trainer can prepare small snacks for participants. In addition, the trainer can also prepare certificates for participants that they have attended the workshop.</p>
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