



TRAINING ACTIVITY 3

TO BE OR NOT TO BE- THE REHEARSALS 1



Description of the activity

Objectives:

- To improve the QoL of PwAD.
- To improve socialization of PwAD.
- Working gnosis.
- Distinguish their feelings (emotions).
- Encourage the physical activity
- To improve communication non-verbal.
- Encouraging their personal autonomy.
- Improving interpersonal relationships and their connections.

Participants:

- People with Alzheimer.
- Relatives
- Professionals.

Competences to be trained (relatives and professionals):

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

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

- Willingness to learn.
- Accept support from trainers.
- Communication skills.
- Social skills.
- Motor functions.

Training contents: Drama Therapy for PwAD:

- Impacts on behavioural and emotional symptoms.



- Main methodologies and tools to use drama as therapy for PwAD.
- Application in domiciliary environments.
- Digital tools to enhance drama therapy.

Estimated duration:

- F2F: 10 hours and 30 minutes
- Online: 4 hours.

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 PwAD cooperate in a Group Dynamic. - Some ideas on how to prepare the action(s). - How to communicate with PwAD. <p>After that professional/relative starts the activity asking users what the title of the activity evokes or reminds them (an expression, a play, a writer, etc) or what they think the activity is about... after that carrying out an introduction explaining the activity.</p> <p>The activity consists in creating the characters of a show. Professional/relative could tell a short story and they should define the characters of the story or they can create a short show and decide the characters of the show using <u>draw cartoons 2</u> app.</p> <p><u>Timing:</u> 90 minutes (40 minutes to read the guidelines and 50 minutes to use the app).</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 PwAD. ▪ Laptop/computer.

	<ul style="list-style-type: none"> ▪ Draw Cartoons 2. (guidelines for trainers how to use it)
<p>GD. Defining the characters of the show.</p>	<p><u>Explanation (what to do)</u></p> <p>❖ Looking for the characters.</p> <p>This task could carry out answering the next questions:</p> <ul style="list-style-type: none"> - How many characters does the show need? - Who is/are the character/s? Man or woman? (See template defining the characters). <p>Professionals can use <u><i>Cribble: kids book maker</i></u> to draw the character/s.</p> <p><u>Timing:</u> 100 minutes (40 minutes with users and 60 minutes to prepare everything before and after the task finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ Template: Defining the characters. ▪ Guidelines for trainers: how to use Cribble: kids book maker. <p>❖ Appearance of the character/s.</p> <p>This task carries out filling in the template of the characters.</p> <ul style="list-style-type: none"> - Professional/relative asks PwAD about the character/s. Professional/relative asks PwAD for adjectives to describe the personality (see a list of adjectives) - What does she/he look like? (see template defining the characters) <p>Professionals can use <u><i>Dollify</i></u> app or comic+meme creator app to create the character/s.</p>

	<p><u>Timing:</u> 140 minutes (50 minutes with users and 90 minutes to prepare everything before and after the task finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ Template: Defining the characters. ▪ List of adjectives of appearance. ▪ Guidelines for trainers: how to use Dollify app. ▪ Guidelines for trainers: how to use comic+meme creator app. <p>❖ The personality</p> <ul style="list-style-type: none"> - Professional/relative asks PwAD for adjectives to describe the personality (see a list of adjectives) - Happy, self-confident, sympathetic, shy and quiet, etc (see template defining the characters). <p><u>Timing:</u> 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the task finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ List of adjectives of personality ▪ Template: Defining the characters.
<p>PA. Developing the texts of the characters in the show.</p>	<p><u>Explanation (what to do)</u></p> <p>❖ About the show</p> <ul style="list-style-type: none"> - Professional/relative explains to them (or reminds them) the story of the show again.

	<p>They could watch it on the laptop/computer if the professional created a short story/show using <u>Draw cartoons 2</u> app.</p> <p>Timing: 30 minutes (20 minutes with users and 10 minutes to prepare everything before and after the task finishes).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ An example of a story created with the App Draw Cartoons 2 ▪ Draw cartoons 2 app. <p>❖ About the characters</p> <ul style="list-style-type: none"> - PwAD remembers the characters that they have defined above (Cards of the characters). They talk about them. <p>Timing: 40 minutes (30 minutes with users and 10 minutes to prepare everything before and after the task finishes).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ Card(s) of an already made character. ▪ Pictures of the characters. ▪ Dollify or comic+meme creator apps. <p>❖ The texts</p> <ul style="list-style-type: none"> - Professional/relative explains to PwAD that they need to write some sentences for characters. Professional tells them an example. <p>Timing: 20 minutes (for professional/relative 15 minutes to prepare everything before and after the task finishes).</p> <p>Training Materials and resources:</p>
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	<ul style="list-style-type: none"> ▪ Laptop/computer. ▪ Card(s) of a character. ▪ Pictures of the characters. <p>❖ Speech bubbles</p> <ul style="list-style-type: none"> - Professionals show some pictures of the characters like a “comic” and they can write in the speech bubbles the texts. <p>Timing: 60 minutes (50 minutes with users and 10minutes to prepare everything before and after the task finishes).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop/computer. ▪ Card(s) of a character. ▪ Pictures of the characters. ▪ Template: Pictures of characters with speech bubbles.
<p>EA. Rehearsing the characters.</p>	<p><u>Explanation (what to do)</u></p> <p>Before starting professional/relative prints the documents (if applicable) or projects the story and characters so PwAD can see and read the sentences.</p> <p>❖ Choosing the character.</p> <ul style="list-style-type: none"> - PwD should choose a character to read her/his text during the story. <p>Timing: 60 minutes (45 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p>Training Materials and resources:</p> <p>Laptop/computer.</p> <p>❖ The order.</p>

	<ul style="list-style-type: none"> - Professional/relative helps them to order the characters, for example telling them the position (a number?) <p><u>Timing:</u> 50 minutes (40 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <p>Laptop/computer.</p> <p>❖ The first reading</p> <ul style="list-style-type: none"> - Once everyone knows the position they read the text once. <p><u>Timing:</u> 50 minutes (40 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <p>Laptop/computer.</p> <p>❖ The first rehearsal</p> <ul style="list-style-type: none"> - Professional explains to them that they are going to read the story several times. - Once a professional/relative notices that PwAD knows their position and reads without stopping. <p><u>Timing:</u> 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <p>Laptop/computer.</p> <p>❖ The following rehearsals</p> <ul style="list-style-type: none"> - This part is important because they have to perform the character he/she has chosen. <p><u>Timing:</u> 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p>
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	<p><u>Training Materials and resources:</u></p> <p>Laptop/computer.</p>
<p>EA. ICTs or Apps that can help to develop the characters.</p>	<p>There are several apps for both Android and iOS which can support the implementation of this experiential activity. The main purpose is to <u>create</u>, so the PwAD can decide how the character should look like, what he/she can do or say. Unfortunately there is no single app which covers all the items of the proposed activity, therefore the professional/relative should choose beforehand what app would be best suited for each activity and the characteristics of the PwAD.</p> <p><u>Comic & Meme creator.</u></p> <p>Comic & Meme Creator is an app to create action characters, although it is more dedicated to a very fun visual and graphic environment. And, in its system there are more than 50 characters characteristic of giants like Marvel or DC and you can select them to design your own story where they are the protagonists.</p> <p><u>Dollify</u></p> <p>This app allows you to create avatars and characters in a very complete way, because you can customize even the smallest detail. If you need a visual inspiration to start writing the details about a character that you are developing, then this application could be a proposal in your favor, due to all its functions.</p> <p><u>Creative Movie Maker</u></p> <p>This app allows creating tales and stories using several characters and music. The tale can be recorded as a movie and displayed. Use with caution as there are some technical issues reported by the users.</p> <p><u>Cribble: kids book maker</u></p> <p>Allows you to draw characters and scenarios directly from the mobile device screen. This option joins the ability to add</p>

	<p>default scenes, characters, and text. The app is children oriented but can be useful to create stories. The app is 5.5€.</p> <p><u>Draw cartoons 2</u></p> <p>This app is very useful to create stories. It does not allow creating characters or avatars but a story involving simple elements in an easy way.</p>
<p>Closure</p>	<p>Showing the activity to the rest of the users.</p> <ul style="list-style-type: none"> - Prepare the environment. - Show the different characters that have been created and talk about their appearances, their costumes, their “jobs”, where they live...creating the different lives of the characters. <p><u>Timing:</u> 50 minutes.</p> <p><u>Training Materials and resources:</u></p> <p>Laptop/computer.</p>