

Focus Groups & Theatrical Activities

ON STAGE IN THE GOLDEN AGE: THEATRE FOR HEALTHY AGEING

"[...] especially for those who may be a bit shy and are not used to doing theatre...theatre means coming here and freeing yourself by doing something that maybe you wouldn't do off stage." (Italy, Older Adult)

"Learning to really listen and to hear, [...] That's the most important thing: to see the person and not the disease, not the condition [...]" (Romania, Artist/Therapist)

"[With] theatrical and artistic activities, we improve their ageing, not only by providing a small community among themselves but also the possibility of talking about themselves in a reflective way" (Portugal, Care Professional)

"It's like at that moment, they are a tree that slowly grows from a seed and opens its branches. [...] they enter a role that includes many elements of creativity and imagination, and they do something together; having fun." (Greece, Artist)

"[...] this kind of activity allows us to go to our memories and come back and understand that in the end, we were never alone." (Participant, Portugal)

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