

WP3 -Joint Training programme for Social, Cultural, and Health Sectors -Module 4 plan -

DOCUMENT PRODUCED BY: EDRA

Module Plan

Name of Module: Theatre and theatre activities as management and treatment methods in old age’s mental health disorders

Session	Timing (Total: 4 hours)	Activities / tasks	Resources needed
Theoretical Approaches of Theatre in Old Age Mental Health	90 Minutes	<i>Activity 1: Memory Recall and Storytelling Theatre</i>	Presentation of unit 1: The Theoretical approaches
The Use of Theatre as Management and Treatment of Mental Health Disorders in Old Age	60 Minutes	<i>Activity 2: Improvisational Theatre for Emotional Expression</i>	Presentation Unit 2: The Use of Theatre as Management and Treatment of Mental Health Disorders in Old Age
Types of Theatre Activities Implemented for the Management and Treatment of Mental Health Disorders in Old Age and Their Impact	40 Minutes	<i>Activity 3: Embodied Theatre and Movement</i>	Presentation Unit 3: Types of Theatre Activities Implemented for the Management and Treatment of Mental Health Disorders in Old Age and Their Impact



“On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

Multimedia Resource	30 Minutes	<ul style="list-style-type: none"> • What emotions or thoughts did the video evoke regarding the experiences of older adults? • How do you think sharing memories and life stories could help reduce feelings of loneliness or isolation? • What role does memory play in maintaining identity and self-esteem in older adults? 	https://youtu.be/KZeEDJjMkOg?si=Ga1UO2x2IEfB3CVq
Quiz	20 Minutes	Choose True or False for the following statements.	



“ON STAGE IN THE GOLDEN AGE: THEATRE FOR HEALTHY AGEING”

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WEBSITE: <https://age-thea.eu/>

FACEBOOK: [On Stage on the Golden Age: Theatre for Healthy Ageing](#)

INSTAGRAM: [age.thea2023](#)



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