WP3 -Joint Training programme for Social, Cultural, and Health Sectors
Module plan 1

DOCUMENT PRODUCED BY:

ROMANIAN ALZHEIMER SOCIETY

Module Plan – Module 1

Name of Module: The main menthal health disorders in old age (cognitive decline, dementia and Alzheimer disease, other neurological disorders – e.g. multiple sclerosis, Parkinson's disease): symptoms, warning signs, stages.

Session	Timing (Total: 4 hours)	Activities / tasks	Resources needed
Introduction to Module 1	10 Min	In this 10-minute introductory activity, participants will review the table of contents, gaining an outline of key topics such as early warning signs, stages of dementia, and preventive strategies. This overview sets a foundation for in-depth discussions on promoting cognitive health and supporting older adults.	PPT-presentation
Chapter I: Introduction to Mental Health in Old Age	15 Min.	The introductory part of the module sets the stage by outlining the prevalence and impact of mental health disorders in older adults, with a particular focus on cognitive decline, dementia, and Alzheimer's disease. It highlights how these conditions manifest differently in aging populations compared to younger individuals, noting physical symptoms and unique emotional challenges. This section emphasizes the importance of early detection and proactive management to support healthy aging, reduce stigma, and enhance the quality of life for individuals experiencing these conditions.	PPT- presentation
Video 1: Dementia vs Depression	10 Min.	In this activity, participants will watch a brief video comparing dementia and depression in older adults, focusing on differences in symptoms. Following the video, a guided discussion will encourage participants to reflect on	Video Equipment: laptop, projector, or screen Video File or Link Whiteboard or Flipchart (optional)

		these distinctions, share insights, and consider practical approaches for identifying and supporting individuals with each condition.	
h5p 1. Annual costs of dementia	5 Min.	In this drag-and-drop activity, participants will compare the annual costs of dementia with those of other diseases. They will match cost figures to specific conditions, gaining insights into the financial burden of dementia relative to other illnesses. This activity encourages resource allocation and the economic impact of dementia care.	QR code/ link Personal phones/laptops/tablets Projector (optional): for group participation
Activity 1: Game board: Navigating Cognitive Health - A Journey Through Risks and Prevention	45 Min.	Participants will navigate the game board, encountering spaces with "Risk Factors" and "Prevention Opportunities." The goal is to reach the end of the path with as many positive points as possible by accumulating "Prevention Opportunities" and avoiding "Risk Factors."	Game board (printed in large format) Dice (one for each team) Game pieces (one for each team) Risk Factor cards (20) and Prevention Opportunity cards (20) A timer to track time Space for movement
Chapter II: Neurocognitive disorders: symptoms, warning signs, stages	20 Min.	The introductory part of the module sets the stage by outlining the prevalence and impact of mental health disorders in older adults, with a particular focus on cognitive decline, dementia, and Alzheimer's disease. It highlights how these conditions manifest differently in aging populations compared to younger individuals, noting physical symptoms and unique emotional challenges. This section emphasizes the importance of early detection and proactive management to support healthy aging, reduce stigma, and enhance the quality of life for individuals experiencing these conditions.	PPT- presentation
Video 2: Risk reduction	10 Min.	This video explores 14 risk factors that can be modified to reduce the risk of developing dementia. Covering areas such as physical activity, diet, mental stimulation, and social engagement, the	Video Equipment: laptop, projector, or screen Video File or Link

		video provides practical tips and evidence-based strategies for supporting brain health. Viewers will gain insights into how lifestyle choices and preventative measures can help delay or reduce the onset of dementia.	Whiteboard or Flipchart (optional)
h5p2. Localisation determines the clinical picture	5 Min.	In this activity, participants will explore how different areas of the brain, when affected, lead to distinct symptoms of dementia. Using an interactive drag-and-drop or hotspot format, they will match specific brain regions to associated clinical symptoms. This exercise helps deepen understanding of how localization influences the clinical presentation of dementia.	QR code/ link Personal phones/laptops/tablets Projector (optional): for group participation
h5p 3. Treatment drag and drop game	5 Min.	In this drag-and-drop game, participants will categorize treatment options for dementia into pharmacological and non-pharmacological approaches. They will match specific treatments, like medications, cognitive therapies, and lifestyle interventions, to their appropriate category. This interactive activity helps solidify understanding of different treatment types and their roles in dementia care.	QR code/ link Personal phones/laptops/tablets Projector (optional): for group participation
Activity 2: Debate Topic: "Should Dementia Patients Be Allowed to Live Alone in Early Stages?"	45 Min.	In a structured debate, assigning clear roles to participants helps ensure an organized and dynamic discussion. By defining these roles, the debate becomes more structured, interactive, and productive, allowing participants to explore the complex issue of dementia and independent living from multiple perspectives. Guided discussion is important for gaining a better understanding of the activity and the emotions involved.	Space for movement Paper, pens, basket to hold papers, Timer, Webinar platforms (e.g. Microsoft teams, zoom, google meet), Powerpoint presentation, Instructor's Guide - word document, Research & Key Topics to Explore - Participants Guide brochure
Chapter III: Neurological disorders - e.g. multiple sclerosis, Parkinson's	10 Min.	In this 10-minute presentation, participants will receive an overview of multiple sclerosis (MS) and Parkinson's disease, focusing on their symptoms,	PPT- presentation

disease: symptoms, warning signs, stages		early warning signs, and progression stages. The session will begin with a brief explanation of each disorder, highlighting key differences and unique characteristics. Following this, the presentation will cover early warning signs, including subtle motor and sensory changes, and common symptoms as each disease advances. The final section will outline the typical stages of progression, discussing how these disorders impact daily functioning and quality of life. This presentation aims to enhance participants' awareness and ability to recognize these neurological disorders in aging populations.	
h5p. Structural changes in the brain	5 Min.	In this flash card activity, participants will explore structural brain changes associated with various neurological disorders, including Alzheimer's disease, frontotemporal dementia, Lewy body and Parkinson's disease, and cerebrovascular diseases. Each card will display the name of a disorder; flipping the card reveals an overview of the associated brain changes and their impact on cognitive function. This interactive exercise reinforces understanding of how specific brain alterations drive the progression of these conditions and influence symptoms..	QR code/ link Personal phones/laptops/tablets Projector (optional): for group participation
Activity 3: Enhancing empathy to overcome communication barriers and support emotional expression in patients with neurological conditions like Parkinson's	40 Min.	The workshop utilizes pantomime, nonverbal communication, and guided discussion to enhance participants' understanding of empathy and communication strategies when interacting with individuals who have Parkinson's Disease or multiple sclerosis. This methodology is designed to be flexible and adaptable for both online and in-person formats, ensuring accessibility and engagement for all participants.	Space for movement Emotion cards (cards with different emotions written on them) Timer Role-play scenarios Webinar platforms (e.g. Microsoft teams, zoom, google meet)

disease and multiple sclerosis			Notebooks or flipchart for group observations and conclusions
Quiz	15 Min.	In this activity, participants will reinforce their understanding of key module concepts through a variety of question types. The activity includes: Drag and Drop Single Answer Multiple Answers True/False	Paper Format Online Poll

"ON STAGE IN THE GOLDEN AGE: THEATRE FOR HEALTHY AGEING"

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