



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

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

## WP3 -Joint Training programme for Social, Cultural, and Health Sectors -Active learning activity 1-

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## Active learning activity 1 – description

Module	The main mental health disorders in old age: behavior changes, changes in the daily life, and non-pharmacological approaches
Chapter	<b>1 - Behavioral changes in neurodegenerative disorders</b>
Name of activity	<b>How can people with neurodegenerative disorders and family carers cope with daily life changes?</b>
OBJECTIVE(S)	Aim of this activity is to develop learners’ skills to apply in practice the knowledge regarding the identification of behavioural changes in people with neurodegenerative disorders and its possible causes, based on a case study.
METHODS	Case study.  Small groups work.  The activity can be performed face-to-face or online.
TIME ALLOCATED	40 minutes
RESOURCES NEEDED	Worksheet (Annex 1) or a word document if the activity is carried out online.  Learners will work in small groups in face to face approach, and in break-out rooms in the online version.
INSTRUCTIONS*	<p>The participants will be divided into small groups (3-4 participants in each group).</p> <p>Each group will read and discuss a case study, regarding the identification of behavioural changes in people with neurodegenerative disorders and its possible causes, based on a case study.</p> <p>The groups will answer to the following questions:</p> <ul style="list-style-type: none"> <li>• Which are the behavioral changes that Mrs L is facing?</li> <li>• Which are the possible causes of these behavioral</li> </ul>



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	<p>changes?</p> <ul style="list-style-type: none"> <li>Which measures do you think that the care team should take for an easier integration of Mrs L in the care home and what activities should be proposed to her?</li> </ul> <p>After this work is done, each group will present their results for the whole audience, offering the opportunity for debates and discussions.</p>
REFERENCES	<p>Cloak, N., &amp; Al Khalili, Y. (2019). Behavioral and psychological symptoms in dementia (BPSD). In StatPearls [Internet]. StatPearls Publishing.</p>
HANDOUTS	<p>ANNEX 1 - Worksheet</p>

## WORKSHEET

In small groups, please read the following case study:

‘Mrs L is 89 years old. She has been suffering from Alzheimer’s disease for the past 5 years.

She lived alone for most of that time since her husband passed away one year after her being diagnosed, with support from her daughter who lives next door to her.

Mrs L was a florist, she loves flowers and plants, she is a practicing catholic, she enjoys music and dancing and is a passionate cook.

In the past 6 months though, caring for Mrs L has been increasingly difficult since she stopped recognizing her daughter, has an inverted sleep pattern – she sleeps mostly during daytime and is up all night, only eats when she wants, and drinks very little, becomes agitated when she needs to take a shower or change her clothes, has fallen repeatedly without sustaining any serious injuries, has become incontinent and no longer asks to be taken to the toilet, is constantly wondering throughout the house and was found out of the house repeatedly by her daughter.



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Aside from the Alzheimer’s disease, Mrs L suffers from a number of other conditions, such as arthritis of the hips, knees and hands, ischemic heart disease, high blood pressure, and hearing problems. She also has a number of drugs to take every day at different times of the day, that need to be closely followed and controlled since she is quite frail and may often mistake medication.

The daughter is 62 and still working. She has children and grandchildren of her own and is caring for her husband as well.

One month ago, the daughter sustained a back injury, and it limited her ability to move, as a result, she found it very difficult to care for her mother.

The family met and evaluated the situation and a decision was made to relocate Mrs L to a residential care facility nearby. This would allow the family to visit often and to make sure that she is well cared for.

The care team decided to have a pre – admission meeting with the care team and the family, in order to discuss the case and decide what is the best way to proceed in order to limit as much as possible the distress of Mrs L during the transfer from home to the residential care unit.’

After reading the study case, please discuss it for answering to the following questions:

- Which are the behavioral changes that Mrs L is facing?
- Which are the possible causes of these behavioral changes?

Which measures do you think that the care team should take for an easier integration of Mrs L in the care home and what activities should be proposed to her?



## “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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