



## “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 2-

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## Active learning activity 2 – description

Module	The main mental health disorders in old age: behavior changes, changes in the daily life, and non-pharmacological approaches
Chapter	<b>2 - Changes in the daily life for the persons diagnosed with neurodegenerative disorders and for their care partners</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 identify changes in daily life for people with neurodegenerative disorders and for their partners and their abilities to propose coping strategies.
METHODS	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 discuss and debate about the daily life changes that people with neurodegenerative disorders face along with their care partners, in moderate stages of dementia, and will find coping strategies.</p> <p>The groups will answer to the following questions:</p> <ul style="list-style-type: none"> <li>Which are the daily life changes for people with neurodegenerative disorders in moderate stages and</li> </ul>



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	<p>their family carers, in terms of:</p> <ul style="list-style-type: none"> <li>-sleeping</li> <li>-communication</li> <li>-eating</li> <li>-activities?</li> </ul> <ul style="list-style-type: none"> <li>• How are family carers affected by these daily life changes, in terms of: <ul style="list-style-type: none"> <li>-wellbeing</li> <li>-stress</li> <li>-personal health?</li> </ul> </li> <li>• Which coping strategies could family carers use for daily life changes in: <ul style="list-style-type: none"> <li>-sleeping</li> <li>-communication</li> <li>-eating</li> <li>-activities?</li> </ul> </li> <li>• Which coping strategies could family carers use for safeguarding their own wellbeing and health?</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	-
HANDOUTS	ANNEX 1 - Worksheet



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## WORKSHEET

In small groups, please think about the daily life changes that people with neurodegenerative disorders face along with their care partners, in moderate stages of dementia, and answer to the following questions:

· Which are the daily life changes for people with neurodegenerative disorders in moderate stages and their family carers, in terms of:

-sleeping

-communication

-eating

-activities?

· How are family carers affected by these daily life changes, in terms of:

-wellbeing

-stress

-personal health?

· Which coping strategies could family carers use for daily life changes in loved ones with neurodegenerative disorders in:

-sleeping

-communication

-eating

-activities?

· Which coping strategies could family carers use for safeguarding their own wellbeing and health?



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

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

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

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

INSTAGRAM: [age.thea2023](#)



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