



# “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 3-

**DOCUMENT PRODUCED BY: ASOCIATIA HABILITAS CRFP,  
ROMANIA**



FUNDED BY THE EUROPEAN UNION. THE VIEWS AND OPINIONS EXPRESSED ARE SOLELY THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS AND OPINIONS OF THE EUROPEAN UNION OR THE NATIONAL AGENCY FOR COMMUNITY PROGRAMS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING (ANPCDEFP). NEITHER THE EUROPEAN UNION NOR ANPCDEFP CAN BE HELD RESPONSIBLE FOR THEM.



### Active learning activity 3 – description

Module	<b>The main mental health disorders in old age: behavior changes, changes in the daily life, and non-pharmacological approaches</b>
Chapter	<b>3 - Non-pharmacological approaches of neurodegenerative disorders</b>
Name of activity	<b>Design of a non-pharmacological program targeting behaviour changes in care facilities</b>
OBJECTIVE(S)	Aim of this activity is to develop learners' ability to identify and implement non-pharmacological approaches for people with neurodegenerative disorders in care facilities.
METHODS	Small groups work.  The activity can be performed face-to-face or online.
TIME ALLOCATED	45 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*	The participants will be divided into small groups (3-4 participants in each group).  Each group will create a program based on non-pharmacological approaches of behavioural changes for persons diagnosed with dementia in early stages, in a care facility, aiming the following:  -an enhanced well-being of people with dementia  -reduction of the agitation  The program will be written in the template provided and steps for applying the program in the care facility will be written down also, along with the impact foreseen.  After this work is done, each group will present their results for



FUNDED BY THE EUROPEAN UNION. THE VIEWS AND OPINIONS EXPRESSED ARE SOLELY THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS AND OPINIONS OF THE EUROPEAN UNION OR THE NATIONAL AGENCY FOR COMMUNITY PROGRAMS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING (ANPCDEF). NEITHER THE EUROPEAN UNION NOR ANPCDEF CAN BE HELD RESPONSIBLE FOR THEM.



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

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

	the whole audience, offering the opportunity for debates and discussions.
REFERENCES	Celestino, D. L., ... & Forlenza, O. V. (2015). Nonpharmacological interventions to reduce behavioral and psychological symptoms of dementia: a systematic review. BioMed research international, 2015.
HANDOUTS	ANNEX 1 - Worksheet

## WORKSHEET

Name of the program:

Objectives of the program:

- 1.
- 2.
- 3.
- .
- .
- .

Duration of the program:





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

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

Non-pharmacological approaches/methods to be used during the program:

- 1.
- 2.
- 3.
- .
- .
- .

Persons involved (staff/volunteers/informal carers/etc.):

Impact foreseen:

- 
- 
- 

STEPS FOR APPLYING THE SCENARIO WITHIN THE CARE FACILITY:

Step 1 .....

.....

Step 2 .....

.....

Step 3 .....

.....





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

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

Step 4 .....

.....

Step 5 .....

.....

CONCLUSIONS:



FUNDED BY THE EUROPEAN UNION. THE VIEWS AND OPINIONS EXPRESSED ARE SOLELY THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS AND OPINIONS OF THE EUROPEAN UNION OR THE NATIONAL AGENCY FOR COMMUNITY PROGRAMS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING (ANPCDEFP). NEITHER THE EUROPEAN UNION NOR ANPCDEFP CAN BE HELD RESPONSIBLE FOR THEM.



## “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](#)



FUNDED BY THE EUROPEAN UNION. THE VIEWS AND OPINIONS EXPRESSED ARE SOLELY THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS AND OPINIONS OF THE EUROPEAN UNION OR THE NATIONAL AGENCY FOR COMMUNITY PROGRAMS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING (ANPCDEFP). NEITHER THE EUROPEAN UNION NOR ANPCDEFP CAN BE HELD RESPONSIBLE FOR THEM.