

## **Topic Covered - Reminiscence**

### **Levels 1-3**

**Time** – delivered over 2 x 3.5 hours at least 2 weeks apart.

**Aims and objectives** Two half-day workshops on the practice of reminiscence in dementia care. Each of the workshops will provide a basic knowledge of reminiscence techniques and aim to enable staff to develop existing skills through experiential learning. The interval between sessions allows staff to return to their work places to work on assignments for presentations at session 2.

**Workshop 1 Aims** – to provide an introduction to reminiscence, the rationale and the evidence for its use in dementia care.

The workshop should enable staff to recognise the value of life story work and the benefits for the person with dementia. Allows attendees to learn new skills, develop existing skills, develop resources and discover how to use creative arts.

**Workshop 2 Aim** – presentation of project work, planning and developing reminiscence activities in the workplace

Attendees demonstrate how they have put knowledge into practice, understand how life story work has a valuable role in assessment and care planning, and understand the implications of facilitating reminiscence activities.

Course/learning programme

### **Workshop 1**

- Overview of reminiscence – history and development
- Recognising aims and value of reminiscence work
- Good practice – principles
- Facilitation skills – 1:1 and group work- practical exercises
- Identifying themes and interests
- Practical project – assignment - create life story work - books and boxes

### **Workshop 2**

- Presentation of projects
- Life story work and care planning
- Practical - using the arts in reminiscence
- Dealing with difficulties
- Practical – How music/song can be effective in reminiscence.

### **Learning mediums**

Lecture, power point, visual examples of reminiscence, DVD reminiscence in action, handouts, resource materials, practical sessions in facilitation skills, group experiential work, demonstrations, life story books. Costs depend on whether the

course is put on by DSDC or commissioned by an organisation.