Reflections on RYCTT groups in Muistojen Talo, (The House of Memories) in Kotka 2012 - 2014



The RYCTT groups have been 12 persons, 6 family- carers and 6 people living with memory difficulties



RTRT group will continue in September 2014, gathering once a month

Leonie Hohenthal-Antin and Varpu Vistala will continue as instructors

 The wishes and views of family carers are also taken into account in the selection of themes

 The seasons, anniversaries, holidays, current events / reflecting individual memories

Humour



 Moving outside of the house; visits to Katarina Sea Park: bowling and trips; playful competitions such us betanque, crocheting, mölkkypeli



Exhibitions in The House of Memories also serve as a memory trigger



•Working together has proved to strengthen friendship between family caregivers



 Refreshments and baked pastries are also served according to the theme

 Common agreement on the content and timing of the next session

Themes relating to well-known songs and poems

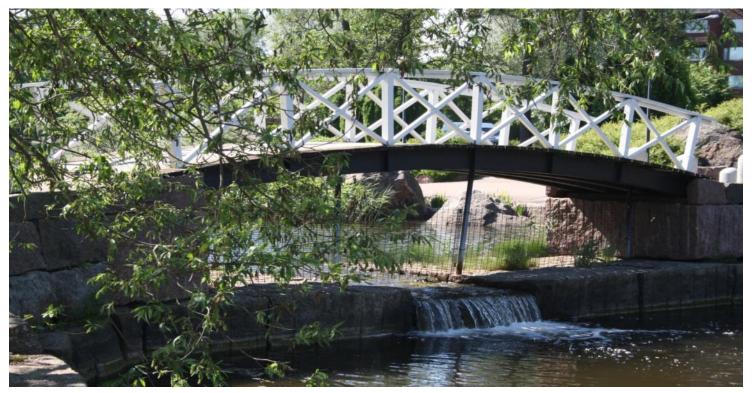




There is a perceived common shared moments of joy

We have also shared feelings of sorrow and bereavement





"It is like winning in a lottery being in the RYCT project".