



Program
Uczenie się
przez całe życie



The use of the reminiscence method in therapeutic work with older people

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Statistical data

- In the RYCTT project in reminiscence trainings 91 persons took part (including 24 persons in the two-day training course)
- 13 of them trained new persons in reminiscence in their place of work with older people
- Most of them used of visual arts-based and 'doing' activities in RYCT groups, some of them with various forms of music and movement

MAKING MEMORIES MATTER: a previous reminiscence project 2004-5





I

The authors of the boxes made in Poland were members of institutions working for seniors and individual persons. Objects have gained artistic expression thanks to the cooperation with a professional artist, – painter Andrzej Sobkowiak - who spent a lot of time with seniors advising them how to give them artistic importance.

Memory boxes made by: Mrs. Klara – her passion was tourism;
Polish actress Krystyna Feldman recalled the tradition of
patriotism in her family; wedding memories in box of Mrs. Zofia
and a love poem dedicated to her late husband.



Collective work of members of Syberians Union from Poznan – made in cooperation with their grandchildren as a lesson in life history and reminiscences of Mrs. Alexandra Plackowska - about Polish-German relations described through her personal fate.



Memory box of Mrs. Genowefa - the history of these scarves - handed down from generation to generation is 200 years old.



Reminiscence in Sroda Wielkopolska

...began in 2005 in – collective memory box of seniors from Serene Autumn House and work of Mr. Marian Tyszer, organist and a lover of roses



A large, colorful, triangular display board made of cardboard boxes, decorated with various photographs, drawings, and small objects. The display is set against a red backdrop and features a large number '13' in the center. The photos show people, landscapes, and historical events.

... other applications of reminiscence in occupational therapy. Creating a book of memories by participants during summer holidays.



Next example of reminiscence in occupational therapy...

...material from old dresses has been used as the material for the memories



The results of the reminiscence sessions were pictures which showed landscapes and memories connected with old dresses



Courses run by Academy of Psychology in the Academy of the Third Age (School of Human Sciences and Journalism) including „suitcases of memories”



CHORETHERAPY

- Maria Skommer, Professor at the Medical University in Poznan, Vice-President of the Polish Association of Choreotherapy, works for Polish Dance Theater – Poznanian Balley, lead choreotherapy for people with dementia



Musical reminiscence meetings

- Jaroslaw Kaminski – psychologist, musician, lead several meetings with people with dementia and their carers
- the proposed forms include : music therapy receptive (passive) - the dividing listening with, for example, impressions, songs from the youth or childhood of participants.
- listening to fragments of e.g. „ A Midsummer Night's Dream" with Mendelssohn (not included in the wedding march) may cause vivid memories
- active music therapy, for example simple pieces of familiar melodies playing on the piano or with simple percussion instruments
- other forms of artistic activities such as drawing (associations for listening to music), dance (ex. waltz, polonaise) and use a broader situational context such as a very popular Christmas Carols during the meeting.



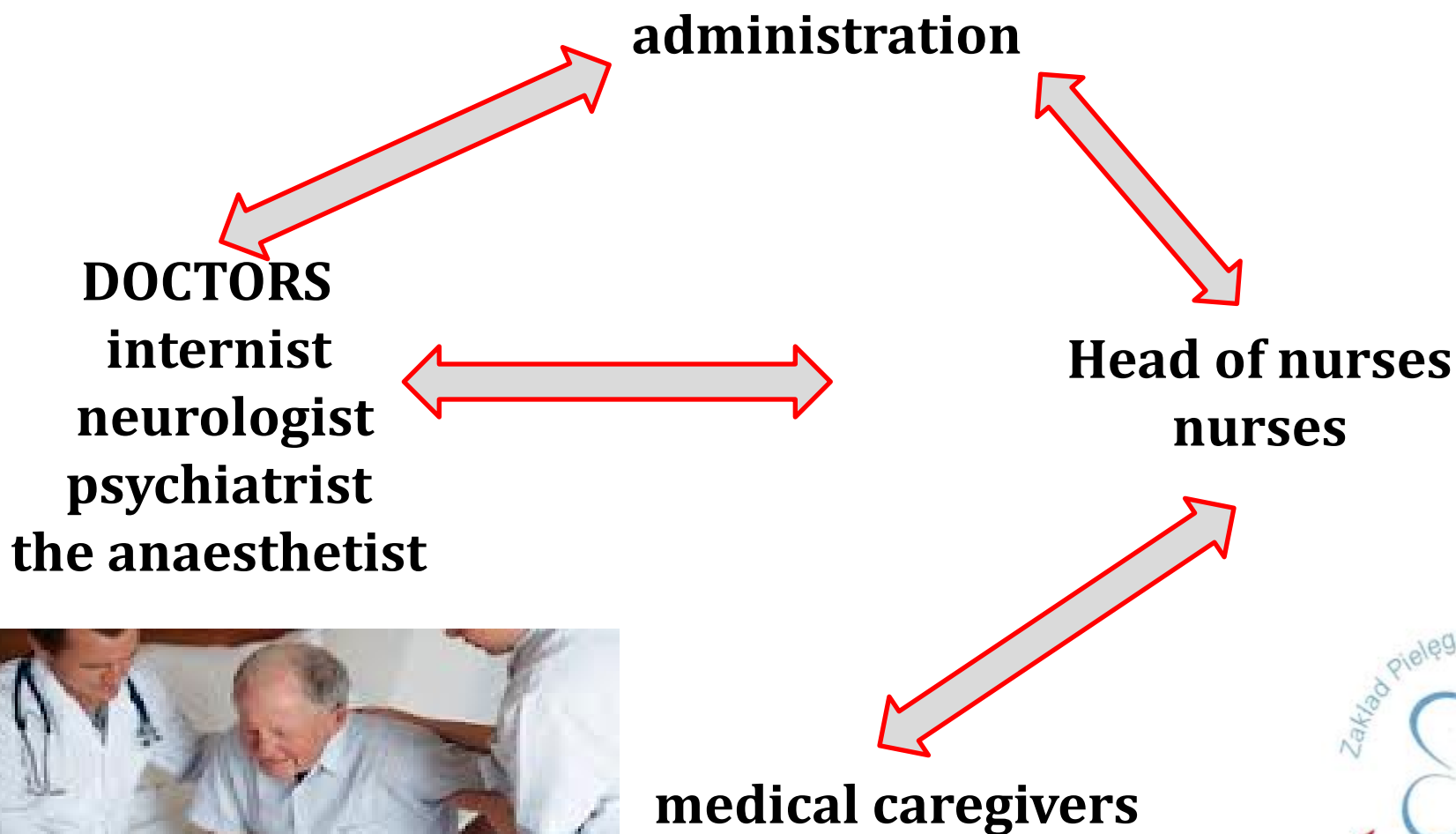
Therapy with reminiscence is also conducted in
„Niezapominajka” (50 seniors)



NFZ

Narodowy Fundusz Zdrowia

Team of „NIEZAPOMINAJKA”



Team of „Niezapominajka”

HEAD OF NURSES



PSYCHOLOGIST
(cooperating
with
psychiatrist,
physiotherapist
occupational
therapist, (cooperation with social
speech
therapist,
medical
caregivers)

PHYSIOTHERAPISTS

**OCCUPATIONAL
THERAPIST**

DIETICIAN
worker,
purser (steward)
and medical staff)

**SPEECH
THERAPIST**



Music therapy



HALINA KUNICKA

1. „Orkiestry dęte...”

MIECZYŚLAW FOGG

1. „Mały biały domek...”

2. „Jesienne róże...”



**OLD REGIONAL SONGS
MOST SUNG
BY GENTLEMEN ARE**

1. „Szła dziewczeczka...”
2. „Przybyli ułani...”
3. „O Marianno...”
4. „Zielony mosteczek...”
5. „Pognała wołki na Bukowinę...”
6. „Jarzębino czerwona...”
7. „Góralu, czy ci nie żal..?”
8. „Upływa szybko życie...”
9. „O mój rozmarynie...”
10. „Zasiali górale...”



BRINGING MEMORIES

Music therapy

MOST FREQUENTLY SUNG SONGS BY LADIES

1. „Nie chcę cię znać...”
2. „Mam chusteczkę haftowaną...”
3. „Ojciec Wirgiliusz...”
4. „Jadą dzieci drogą...”



BRINGING MEMORIES...



ART THERAPY



An art therapy workshop

ART THERAPY



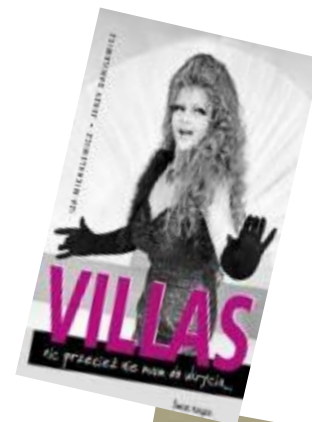
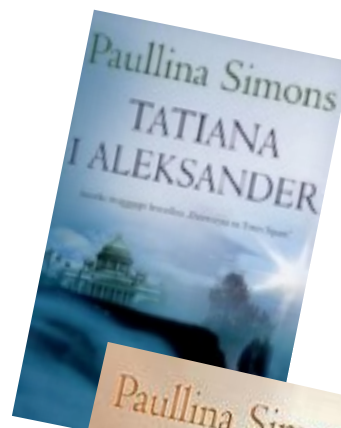
Left: group work
Right: individual work,
a woman of 89 years

ART THERAPY



**individual work,
by a woman of 89
years**

BIBLIOTHERAPY



PLANS FOR THE FUTURE

2015

IN „ANTONINY” NEAR LESZNO CITY THERE IS CONSTRUCTION IN PROGRESS

NIEZAPOMINAJKA „2”

**NIEZAPOMINAJKA RETIREMENT HOME OFFERS A WIDE RANGE OF SERVICES
FOR RESIDENTS AND THEIR VISITING FAMILIES
FOR ABOUT 180 PERSONS**

FACILITY WILL PROVIDE SERVICES:

- **REHABILITATION**
- **CATERING**
- **CULTURAL SERVICES**

**NOT ONLY FOR SENIORS WHO NEED 24-HOUR MEDICAL ASSISTANCE AND
SUPERVISION**



THE REMINISCENCE TRAINING FROM 23RD TO 24TH NOVEMBER 2012

- 24 people took part in two-day training (members of Alzheimers' associations from Poland, carrers from welfare home, social workers, psychologists, therapists, student sof social work and pedagogy)
- In the programme of training they could participate in lectures about reminiscence method, meaning of telling live stories for caring and therepeutical procedures for people with dementia, „best practice” – projects realized for caring for people with dementia; they took part in two workshops – about using objects in reminiscence and about reminiscence with elements of choreotherapy and movement.





THE REMINISCENCE TRAINING ON 15TH MARCH 2013 -

- The second edition of reminiscence training „to rescue from oblivion” took place at **College of Social Workers** (Kolegium Służb Społecznych) in Poznan.
- The participants could listen to the lectures about the development of the reminiscence in Poland, and the importance of „telling their life stories” (18 persons took part in training).



- The participants of the training attended the workshops that showed work with people suffering from Alzheimer's disease.
- There are four methods which we use to bring back memories of people with dementia:
 - some props (e.g. photos, things, CDs)
 - important events (e.g. celebrations, family events, visited places)
 - stimulated conversation (a person tells what memories the presented prop brings)
 - imagination (e.g. “Imagine that there is your favourite dish on the plate from your childhood. What is it? Can you tell me?”)



„Dance is one of the rare areas of people's activity which completely involves: body, soul and mind”

- Choretherapy workshops showed how to build confidence between caregivers and participants. Using motion in the reminiscence therapy with people suffering from dementia helped to express understanding and satisfying their needs.



Workshops and trainings



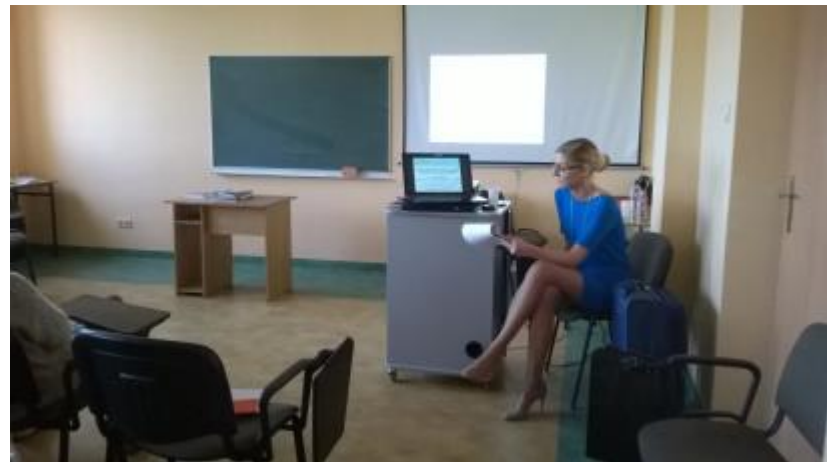
- 17 January 2014 in **Vocational School „Staff for Europe”** 17 persons (pedagogists, educators, psychologists, social workers, occupational therapists, social workers in welfare home) took part in reminiscence training
- University authorities **decided to include reminiscence in the academic programme on the direction of Occupational Therapy**

Reminiscence workshop 25 of April 2014 (first edition)



School of Pedagogy and Administration im. Mieszko I in Poznan

- For 16 persons: Dean of The Faculty of Pedagogy, pedagogists, psychologists, nurses, social workers and students of pedagogy
- practical exercises using of visual arts-based and 'doing' activities with elements of music



Reminiscence workshop 30 of May 2014 (second edition)



School of Pedagogy and Administration im. Mieszko I in Poznan

- 11 persons took part in lectures and trainings (psychologists, educators, nurses, physiotherapist and special educator)
- The evaluation of both workshop allows for estimation of acquired skills and opinions and comments will be used in the next training
- Participants of both workshops received certificates of confirmed by the University



Conference and RYCTT partners meeting in Poznan 3-6 of October 2013





Interdyscyplinarna Międzynarodowa Konferencja

pn.

„TEORIA I PRAKTYKA OPIEKI NAD OSOBAMI STARSZYMI”

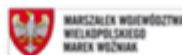
w ramach projektu Grundtviga z programu „Uczenie się przez całe życie”

Poznań, 4 października 2013 r.

ul. Bułgarska 55 (wejście – Świątawska 18, sala 5B)



Patronat Honorowy:



Teoria i praktyka opieki nad osobami starszymi



Prof. Katarzyna Połuda / ROPS Poznań

Zjawisko „siwiejącej Europy” powoduje, że rośnie liczba osób starszych cierpiących na skutki chorób odczepniennych. Indywidualne i społeczne konsekwencje tego zjawiska powodują, że podejmowane są poszukiwania coraz to nowych sposobów wspierających tradycyjne dotąd metody postępowania farmakologicznego wobec pacjentów i podopiecznych instytucji, placówek opiekuńczych oraz osób prywatnych.

Dla refleksji nad tym problemem 4 października 2013 r. w gościnnych murach Wyższej Szkoły Pedagogiki i Administracji im. Mieszka I w Poznaniu odbyła się Interdyscyplinarna Międzynarodowa Konferencja „Teoria i praktyka opieki nad osobami starszymi”, której celem było popularyzowanie metody reminiscencji oraz wymiana doświadczeń na ten temat specjalistów różnych dziedzin z kilku krajów Europy. Oprócz Polaków w trakcie konferencji wystąpili prelegenci z Wielkiej Brytanii, Irlandii, Niemiec oraz Słowacji.

Impreza odbyła się pod patronatem Marszałka Województwa Wielkopolskiego Marka Woźniaka. Wśród organizatorów, obok WSPiA i Wielkopolskiego Stowarzyszenia Alzheimerowskiego, znalazły się także instytucje, jak Regionalny Ośrodek Polityki

Społecznej w Poznaniu, Wyższa Szkoła Zawodowa Kadry Dla Europy, Miasto Środa Wielkopolska i Ośrodek Pomocy Społecznej w Środzie Wielkopolskiej.

W konferencji udział wzięli także przedstawiciele European Reminiscence Network – organizacji, która zajmuje się popularyzowaniem metody reminiscencji, z powodzeniem stosowanej w kilku krajach Europy przez lekarzy, psychologów, pedagogów, pracowników socjalnych i inne osoby zawodowo związane z organizowaniem opieki dla osób z otępieniem, a także wsparcia dla ich opiekunów.

W ramach realizowanego obecnie w kilku krajach Unii Europejskiej (w Wielkiej Brytanii, Niemczech, Czechach, Finlandii, Hiszpanii, Francji, Holandii, Irlandii, Polsce, na Słowacji i in.) projektu Remembering Yesterday Carrying Today Training (RYCTT) prowadzone są spotkania i szkolenia propagujące metodę reminiscencji i rezultaty, jakie z jej wykorzystaniem można osiągnąć.

dr Lidia Huber

Organizator projektów reminiscencyjnych w Polsce

Visit in Środa Wielkopolska

(Koszuty, The Museum of Sredzki Region)



Outlook...



- **School of Pedagogy and Administration** educates in two departments - pedagogy and psychology for two specializations - health and rehabilitation, and social psychology.
- Graduates of social gerontology are prepared to help in solving the problems of mass prevention of diseases of old age, help in choosing a way of life and the type of activity and the prevention of social alienation of the elderly, complicit in the programming of the social security system and the organization of free time, which would ensure that older people have the opportunity of a decent existence..
- Beyond pharmacological methods of treatment there are techniques and procedures (thanks to knowledge from different disciplines - such as pedagogy, psychology, neuropsychology and social work) that **complement the comprehensive procedure addressed to people with dementia.**

Outlook...



- School of Pedagogy and Administration decided **to include reminiscence as a method in procedure in educating departments of adult education on pedagogy, psychology of health and rehabilitation and social psychology, even incorporating it into emergency medical services.**
- Previous experiences of people engaged in creative reminiscence projects in Poland can contribute to developing standardised training and development of a Unique Training Scheme to certify at European Level and being able to share practices across countries and cultures.

Thank you for your attention

