

## Two-day- training for professionals

The training in the Netherlands is being given under the name “De kracht van herinneringen”. It is facilitated by ZGAO and Ergoworld. More information can be found at [www.thepowerofmemory.com](http://www.thepowerofmemory.com) and [www.ergoworld.nl](http://www.ergoworld.nl)

It is an interactive two day training with a set of exercises and gives the participants some tools for organising and conducting joint meetings for people with dementia and their carers with the use of the European “Remembering Yesterday Caring Today” approach.

At the first training day we focus on how to improve the contact with a person with dementia and the use of creative reminiscence techniques for retrieving positive memories. Through various self-performing exercises, you will learn to use different methods of creative reminiscence. The second day we focus on how to support and advise the carers by using experiential exercises. These experiential exercises increase the depth of understanding for the carer about dementia. The aim is to improve the contact between the carer and the person with dementia

## Remembering Yesterday, Caring Today group meetings

Since many years ZGAO has facilitated group meetings for people with dementia and their family carers. They come together on a weekly basis for about eight weeks. The fun, interactive sessions provide a time and place where people with dementia and the carers can get together to enjoy memories of the past. Each week there is a central theme, such as the primary school, childhood, work, courtship and marriage, entertainment and relaxation.

We use various stimuli such as objects, pictures, music, touch, drama and movement with the aim to reminisce. We will create opportunities for interaction and activities that enhance the well-being of the person with dementia and help their families rekindle warm feelings and develop friendships in the present.

**Find out more:** [www.rememberingtogether.eu/RYCTT/netherlands](http://www.rememberingtogether.eu/RYCTT/netherlands)