

Catalan Team

RYCT-ALZHEIMER CATALUNYA

1. Our experience

- To establish Reminiscence as a professional intervention for people with dementia.
- To make Reminiscence visible as an alternative approach to engage with people with dementia.
- To use specific Data (DCM) to prove benefit when engaging with reminiscence activities.
- To use photo albums to prove benefit when engaging with reminiscence activities.

Training essentials

- 24 trainees
- 8 apprentices
- Profiles of the trainees:
 - Social Worker
 - Social Educator
 - Psychologist
 - Occupational Therapist
 - Care Worker
 - Director
 - Coach
 - Journalist / stories researcher
 - Nurse
- 30 minute meeting before session
- 30 minute meeting after session
- Dropbox files shared by all the apprentices
 - Sessions
 - Life stories
 - Feedbacks
 - Evaluations
 - Pictures
- Mail group with information about reminiscence, meetings, future plans...

2. The impact on the families

- To reinforce previous attachment with their family member with dementia.
- To become a new meeting place for families and persons with dementia; connecting again through roles played in life
- Meeting place to exchange experiences with other families.
- New experience: Re-union group in one of the nursing homes, developing the RYCT project.

3. Impact on the trainees/apprentices

- To put in practice Reminiscence theories and learning new strategies to engage with people with dementia
- Apprentices report they finally see the benefit of reminiscence.
- Apprentices report an increase in their communication skills.
- Discover new ways to work using arts, for social and health professionals.

4. Our future plans

- To establish the European Certificate
- Doing RYCT projects in Nursing homes and Community services.
- To work in cooperation with other approaches based on the same frame-work (PCC).
- October 22nd: One day conference showing the impact evidence of Reminiscence, Validation, Basal Stimulation, Snoozelen, Music Therapy.