



Co-funded by
the European Union

Case studies: Learning Scenario 1 Ball band



Introduction to the location and our partners

Location:

MUSEUM OF ARCHITECTURE AND DESIGN (MAO) in Ljubljana. The MAO is a dynamic institution that functions as a museum and creative hub for architecture and design. It is one of the oldest museums of its kind in Europe - founded in 1972. The MAO organises exhibitions and holds collections in the fields of 20th and 21st century architecture, design, and photography. The collections are made up of objects, projects and documents that have shaped and continue to shape our everyday lives and are a source of inspiration, ideas, concepts, and challenges for many researchers and enthusiasts. Collections are a bank of ideas and provide a collective memory of our recent past.



Associate Partners:

Museum of architecture and design (MAO)



MUZEJ ZA ARHITEKTURO
IN OBLIKOVANJE
MUSEUM OF
ARCHITECTURE AND DESIGN

Fužine Senior Citizens Home



VIBORG
MUSEUM



OPW

Ofiig na
nObireacha Poibil
Office of Public Works



Group 1 – Ball band



Group 1:

There were 10 participants altogether, from which there were 5 people with dementia and 5 carers. The working space was set in a big room inside the Fužina Castle, so there was no noise or other visitors present which enabled me and my colleague to work with the group. We also added space for those in wheelchairs so that they could have access to the room.

We used a bigger room for this activity because it was necessary for every participant to have enough space for the activity.

The feedback was very good from the participants and the carers.

They all enjoyed it and found it useful and a lot of fun.

Some wrote that they would like to have more activities like that in the future.



Group 1 – Ball band

Group 1:

- Mild physical exercise involving a big pilates ball and a pair of wooden sticks. The facilitator showed instructions on how to use the sticks correctly and then used popular music in order to do the activity.
- The music they played was folk and well-known on the national level, which touches the folk heritage because with this activity we promote the preservation of the cultural heritage.



Learnings:

- The activity proved to be very useful and beneficial for the participants because they clearly enjoyed it and were all participating fully through the whole hour.
- They were encouraged to sing along to the songs they knew.
- They had to follow the instructor and recognize the rhythm of the music and their bodies.
- They strengthened their sense of coordination and fine motor skills.



Group 2 – Ball band



Group 2:

There were 10 participants altogether, from which there were 5 patients and 5 carers. The working space was set in a big room inside the Fužina Castle, so there was no noise or other visitors present which enabled me and my colleague to work with the group.

The feedback was good in this group as well. One of the participants could not do it because of the physical hindrance, so we adapted the exercise so the participants could follow the instructions.

The carers found this activity particularly useful because it engaged a common activity with the patients and introduced a lot of fun.



Group 2 – Ball band



Group 2:

- Mild physical exercise involving a big pilates ball and a pair of wooden sticks. The facilitator showed instructions on how to use the sticks correctly and then used popular music in order to do the activity.
- The music they played was folk and well-known on the national level, which touches the folk heritage because with this activity we promote the preservation of the cultural heritage.

Group 2 Learnings:

- We needed more space for this activity, so we used a bigger room in Fužine castle.
- The participants learned how to use the wooden stick for banging on the ball as well as to use them to draw with them in the air.
- It encouraged them to follow the instructions, the rhythm and the instructor.
- They were engaged in various activities at the same time.
- They liked the music.



Challenges

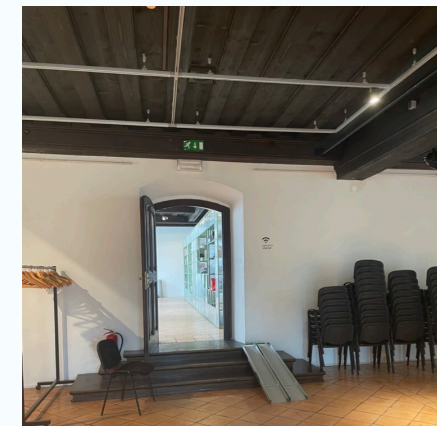
Solutions

Space limitation

We found a bigger room to do this activity and arranged seating in a way that maximizes available space and allows for easy movement.

Access to the room for people in the wheelchair

Ramps for participants on a wheelchair



Adaptation of the exercise

Instead of doing the exercise standing up, we ensured the chairs and did the activity sitting down.

