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Red Riding Hood

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The "Red Riding Hood" activity, employs different sounds and visual stimuli to assist people with dementia in adopting various roles. Through walking in front of projected images and listening to accompanying sounds, participants are inspired to adjust their movements and roles according to the diverse settings, enhancing their self-confidence, physical activity, and emotional well-being. This activity, suitable for museum or care settings, involves role-playing inspired by digital landscapes or paintings, facilitated by images, sounds, and a supportive narrative framework. It aims to improve relationships, stimulate cognitive skills, and foster communicative abilities by adapting to various projected environments. The short-term outcome is an enhanced state of emotional, creative, physical, and cognitive well-being, with long-term benefits including a boost in self-confidence and a memorable experience.



SUMMARY TABLE



Subject

Different digital images of landscapes, paintings, describing specific situations, etc. inspire people with dementia into role playing

List all the areas/fields of work that this learning scenario will involve. If this is an interdisciplinary activity, list multiple subjects.

- Role-Playing,
- Sensory Stimulation,
- Emotional Expression,
- Physical Movement,
- Social Interaction,
- Creativity,
- Memory Stimulation.

Suitable setting for implementation

This activity should be implemented in a museum (providing the different images) or alternatively in a daycare center or nursing home after the visit to the museum where there is a projection of different digital images.

Artwork

Paintings of landscapes, alternatively pictures found on the Internet ideally pictures from paintings.



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Resources used

The "Red Riding Hood" activity incorporates a blend of digital and physical elements to support the engagement and immersion of participants. The digital components include a selection of digital images and sounds, which are essential for setting the various scenes and atmospheres. These can range from peaceful landscapes to more dynamic scenarios, enhancing the role-playing experience. The necessary equipment includes an image projector and sound speakers to bring the scenes to life, along with a laptop to manage the digital content. The physical setting requires a projection surface or a white wall to display the images prominently.

For a deeper understanding and additional guidelines on creating supportive environments for people with dementia, the following resources are utilized:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6025004/> ,

<https://www.museumnext.com/article/designing-museum-programmes-for-people-with-dementia/> , and <https://www.museumnext.com/article/how-to-make-museums-accessible-to-people-with-dementia/> .

These resources help in tailoring the experience to meet the needs and capabilities of individuals with dementia, ensuring an engaging and supportive activity session.



Type of Activity

Walking/Role-playing activity

Activity Time

Approximately 30 minutes.

Digital material

Digital images/sounds, Image projector/sound speaker, Laptop

Physical material

Projection surface/white wall

Storytelling method

There must be one facilitator who will lead the activity. He/She will explain the general idea of the activity, the framework of the story and will make the projection of the pictures and play the music. He/She will coordinate the discussion after the activity asking the participants about their ideas, emotions, thoughts. With the necessary equipment facilitators could record the participants' walks/dances/movements.

Aim of the Activity

- Boost self-confidence of people with dementia
- Physical activity
- Improve the quality of the Relationships
- Improve their emotional state and wellbeing
- Stimulate their communicative and cognitive skills through adapting in the different projected settings



Outcome of the activity

The short-term outcome is the improved emotional, creative, physical and cognitive state of the people with dementia. The long term benefits of this activity is that the creations can be used to boost their self-confidence by showing them the activity they participated in. It can also be of help to remind them of a good experience.

Integration into the methodology

The "Red Riding Hood" activity integrates effortlessly into therapeutic methodologies by harnessing the power of art (through images and music), fostering creativity, and emphasizing care. This immersive role-playing and walking activity leverages sensory stimuli to guide participants with dementia through various thematic landscapes, enabling them to adopt different roles and behaviors. By walking in front of dynamic visual effects and listening to corresponding sounds, individuals are encouraged to express themselves and interact socially, enhancing their emotional and cognitive engagement. This multisensory approach not only stimulates memory and physical activity but also nurtures a sense of inclusion and personal achievement. The combination of visual and auditory art forms provides a unique, creative platform for participants to explore their emotions, memories, and imagination in a supportive group setting, contributing significantly to their overall well-being and sense of belonging in the community.



Pre-Activities

Select a museum with a suitable collection/exhibition for the activity. Alternatively, gather the images and sounds that will inspire the participants during the activity. Select a comfortable space with a clear surface to provide the image projections. Prepare the sound equipment and select the suitable sounds based on the museum exhibits/chosen pictures. Make sure that the space selected is big enough so that the participants can move freely. Prepare the video recording equipment for the activity to be recorded. Properly inform the participants of the activity and the way they are free to participate individually, in pairs or in larger groups.



ACTIVITIES

1. Welcome (5 min)

First, people with dementia are gathered together in the museum space selected for the activity. The space alternatively could be in their nursing home, or in another comfortable space where they will be transported to safely. Participants are welcomed by the facilitator(s) and are provided with the necessary information about the activity. Facilitators may provide examples of the activity.

2. Pairing in Groups (2 min)

The participants at this stage should decide whether they want to participate in the activity individually or if they want to be paired with someone else. They should also be given the option to form larger groups if they want to.

3. Pictures and sounds (10-15 min appr. 3 min per participant/group-up)

This is the main stage of the activity. The participants are asked to explore the museum exhibition or go through the different images that are projected onto the wall/selected surface. Their visit must be accompanied by suitable sounds, in order to create a specific situation (like being in school, or being in a restaurant, being at the beach, or at a green meadow, etc.). Participants are encouraged to walk in front of the museum exhibit/projection and adopt a certain walk and behavior according to the setting provided by the image. The activity could also be recorded.

4. Discussing (5 min)

After all the participants have performed their piece, facilitators will ignite a discussion on the activity. How did it make the participants feel. Was it difficult or easy for them to adapt to the different imaginary environments? Did they enjoy the process? What environment would they choose next time?



Participants' feedback

In the discussion part of the activity participants can share whether they enjoyed it or not. They can also be given a simplified evaluation list (with drawn facial expressions) where they can evaluate the activity.

AIDA Hubs

Can the activity be transferred to AIDA Hubs?

- Yes

The activity can be transferred to AIDA Hubs by uploading digital recording of the participants' performances.

Evaluation

Questionnaires can be used for evaluation of the activity. The caregivers can fill in the questionnaires where they can share if the activity is successful and whether they can implement it later on again.

