Elements of drama in reminiscence work in Czech Republic

RYCTT
Project of the European Reminiscence Network

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Drama-based activities in CR

- In CR experience with drama-based activities increased due to the project.
- The elements of drama and pantomime were used in connection with diverse topics and forms:
  - dramatized children’s old fairy tales (Sleeping Beauty)
  - well known scenes from the childhood as a piece of pantomime or drama (a classroom, gym lesson, dance lessons, school orchestra, playing with a clay)
  - short stories from the own lives of participants with dementia collected during the sessions transformed in a short theatre variations, where these people could play themselves (motorcycle trip, football match, singing in a choir, teaching children, wedding days, wrapping sandwiches for children at the camp,).
- As many people as possible were involved in these small theatre pieces.
Important factors

• **The whole environment** - it was simply or completely adapted (decorated, divided into different zones – cloakroom, café, theatre;)

• **Technical equipment** - CD, DVD, You-Tube music or video records were used to achieve the right atmosphere – large screen

• **Meals** – coffee, sweets, deserts, sendwiches, bread and butter, an apple, wedding cake, white pudding, sausage, Christmas sweet bread, Easter eggs

• **Clothes**, costumes, fancy dresses – items relevant to the topic

• **The whole atmosphere** – light, smell, music, colours, reminiscence objects and stimulus help people to engage.
Special needs of people with dementia

• People with dementia differ individually.
• Some people needs very little to play the theatre.
• Some need a very specific stimulus to react and a big concentration in making contact
School Years
Sleeping Beauty
The Choir - beloved Water Nymph
Rusalka from Dvorak
Football match scene for Karel
Football Scene

Movements come alone
Our family trip on a motorcycle
It was me in the musical – as well as today

You-Tube document – Officer Krupke in West Side Story (Karlin Musical Theatre)
Some rules

• **Everybody can have a role** (a place on the stage) – people must recognize the situation and get connected
• **The situation must be familiar**
• All sessions **we have to observe, to listen, to catch** the moments from the lives of people with dementia
• **Collaboration with the family** is necessary – they bring objects, photos, tell stories, point out details
• **Congruence** - all aspects of the dramatised situation must play together– create a mosaik which supports the experience of people with dementia.