

Feedback from relatives in debrief after session (25/11/2013)

Kate: John plays the piano much more at home now. He was there this morning at 8.15 and can keep playing for longer. He can see the pleasure he gives. It's wonderful to see how my cared for person is related to by everyone.

Glen: I'm being positive with mum about cooking again. She said "Let's buy some cakes" and I said "Yes mum, we can take cakes, but we'll make them". I say it every day and we will do it.

Fay: Tom is offering to help me more. I used to say no but now I say yes as it makes him feel useful.

Maggie: It's great to have somewhere to go to have fun. When Hermione gets up in the middle of the night, fully dressed in hat and coat and ready to go out, it drives me mad; but we can come here together and it's really fun.

Many: Good to learn from others here and when you see people here enjoying themselves it looks like we are all doing well. But we all have moments at home that are very difficult and we share these moments.

It's rewarding for the children to hear the memories.

Ted: It's joyous socialising for Lyn and great for me

Glen: She talks about this club all week to her family –without any prompting. It takes a lot of pressure off me – she has something else to talk about; it's not just me and the four walls.

Fiona: It's good to have fun together and seeing how appreciative other people are of her.

Kathleen: It's good to meet other people in the same boat and share ideas.

Fabian: It's interesting for me to be here with my mother. Here she voluntarily shares information. It's interesting for me to listen to others (carers) – you are isolated to a degree but it's good to be with so many carers in the same place. It's a good opportunity for my mum to be sociable.

She's more proactive here, less so at the day care centre. You work in a fun way. This is more subtle than the day care centre activities, in which she's asked a lot of questions. It works not to ask her direct questions. The others here are peers – I pick up from their history and then I can't talk about it with mum. Intellectually, I know what I need to do, but it doesn't hurt to hear it again. It's more relevant.

Feedback from people with dementia

How are you finding this reminiscing?

Lyn: Fun, but tricky about what I'm remembering.

Trudy: It alerts the brain.

Lucy: Interesting things.

John S: Very open, great.

Hermione: Nice people.

Ludwig: I don't like much of the music, but I like the dancing.

John: Once you release memories, you open up other pathways. My depth perception (distance) was bad but now it's better. I wonder if there's a connection with this and visual depth perception.

Is it benefiting you? How?

John: It has unlocked a lot of good memories that we may have forgotten.

Shirley: I like hearing what others did.

Trudy: It's nice to hear other opinions and stories. It's good to be with people of my same age group.

Ludwig: I prefer these sessions because it's enjoyable. Monday is good news.

Lucy: I'm enjoying the music.