

Dementia (Alzheimer's disease)

Bringing thinking, feeling, and willing back into experience through memory images.



Addressing the whole person. Stimulate creativity and playfulness.
From the centre guide the person into familiar forms.

Perception exercises in gauging natural objects. Modelling objects.
Flowing form drawing wet on wet, also together in pairs.



Revitalise the formative forces through repetitive activities.

Drawing plants, stones, memories from nature, taking in the content
of the seasons and festivals and creating them together.



Supporting the middle of the person in their rhythmic system.
Enable joy and exchange.

Sing songs from childhood or from familiar contexts.
Accompany with various rhythm instruments.
Bring harmonies to life with drone lyres.
Play the alto lyre for them to harmonise the whole person.



Embrace the inner world and create spaces for dialogue, creativity, and play.
Promote community.

Picking up familiar song lyrics, poems, rhymes, sayings, and fairy tales
(which tie in with the memory), possibly supported by clapping,
stamping or, for example, throwing balls and working with cloths.