



Age Exchange Reminiscence Training

**Course Programme
with Course Diary**



Age Exchange Reminiscence Training

Age Exchange is internationally known for work in all fields of reminiscence, including theatre, publishing, exhibitions, multi-media arts projects, intergenerational programmes, reminiscence projects in care settings and training workshops. Our courses are designed to meet the needs of growing numbers of people who see the relevance and benefits of reminiscence skills for their work.

Reminiscence Training for

- Health & Social Care Staff
- Community Arts Workers
- Teachers
- Librarians and Museum Workers
- Everyone interested in developing reminiscence work skills

The course contents reflect our experiences of best practice over twenty-five years of working in this specialised field. Our team of experienced and professionally qualified trainers help course participants to learn new skills to enhance the valuable work that they are already doing. All the courses encourage active participation and enjoyment of the reminiscence exercises in an enthusiastic and supportive atmosphere. A certificate of attendance is provided upon completion of the course.

Skilled reminiscence work

- Links generations
- Encourages stimulating and enjoyable creative activities
- Enables people to make rewarding social contacts across communities
- Enriches personal and professional work satisfaction for a wide range of carers, artists and educators.

Venue

Age Exchange Reminiscence Centre, 11 Blackheath Village, London SE3 9LA

How to find us

By train - The Centre is opposite Blackheath railway station

By road - Parking is available in the station car park

By bus - Buses 54, 89, 108 and 202 stop just outside.

Booking information

If you did not receive a copy of the course diary and booking form with this brochure please telephone **020 8318 9105** or visit our website

www.age-exchange.org.uk

Training Courses at the Reminiscence Centre

Introduction to Reminiscence

Aim

- To provide a general introduction to reminiscence work

One-day course includes:

- Participation in reminiscence exercises within the group
- Highlighting of the benefits of reminiscence work
- Factors to consider when inviting people to become involved
- Principles of good practice
- Information about resources
- An overview of reminiscence themes and activities
- Evaluation and monitoring

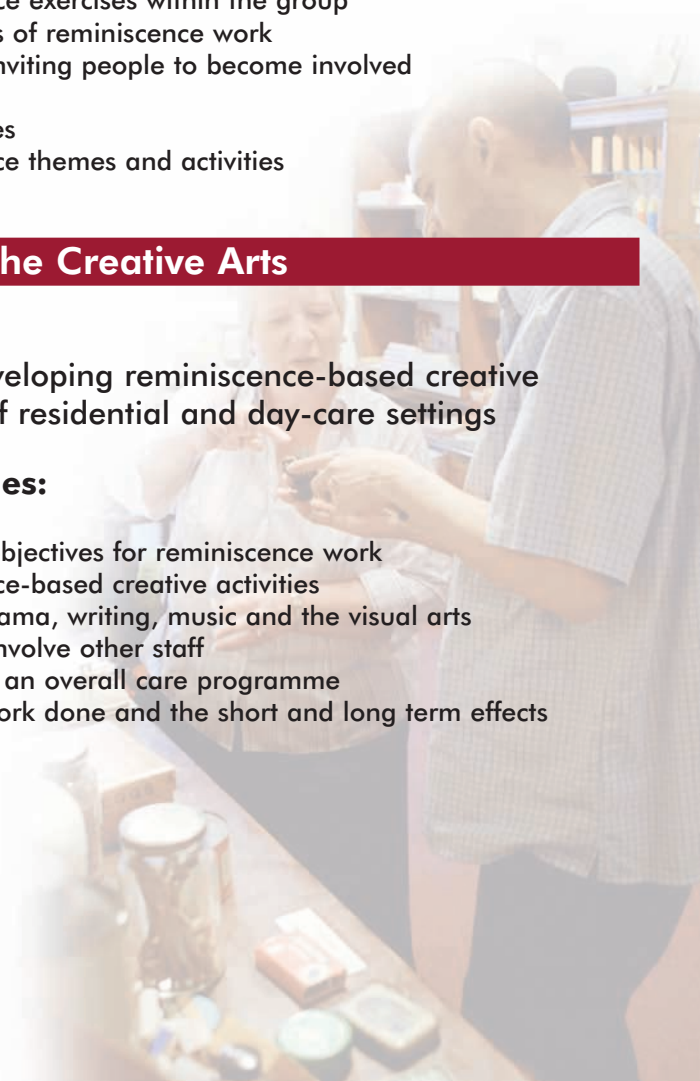
Reminiscence and the Creative Arts

Aim

- To provide skills in developing reminiscence-based creative activities in a variety of residential and day-care settings

Two-day course includes:

- Setting of clear aims and objectives for reminiscence work
- Participation in reminiscence-based creative activities
- Illustration of the use of drama, writing, music and the visual arts
- Suggestions as to how to involve other staff
- How to build activities into an overall care programme
- Evaluating the quality of work done and the short and long term effects



Reminiscence in Dementia Care

Aim

- To provide skills in the use of reminiscence with people who have dementia

Two-day course includes:

- Examination of the processes of remembering and forgetting
- Group exercises in using the five senses in reminiscence
- Life story work with individuals
- Input on the psychology of ageing
- A small-group exercise on how to plan sessions
- Illustration of the use of music and movement
- Reminiscence as a way of assessing people's needs
- An overview of resources that are appropriate for this client group
- Methods of evaluating the quality of work done.

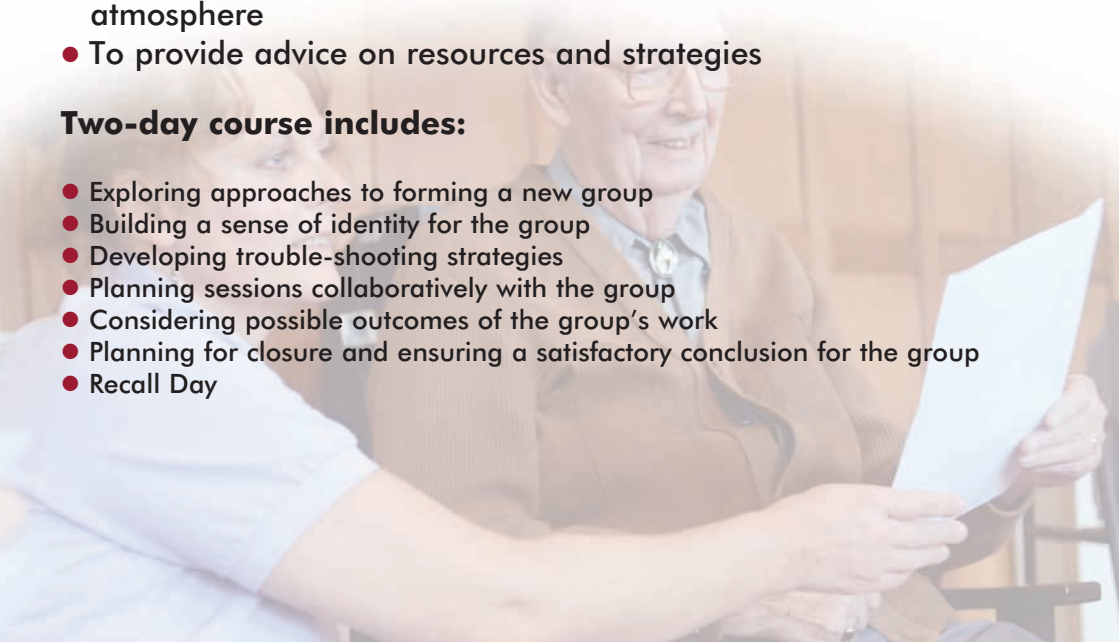
How to Run a Reminiscence Group

Aims

- To help anyone starting a group to think through what they want to achieve
- To offer practical guidelines on creating the best conditions and atmosphere
- To provide advice on resources and strategies

Two-day course includes:

- Exploring approaches to forming a new group
- Building a sense of identity for the group
- Developing trouble-shooting strategies
- Planning sessions collaboratively with the group
- Considering possible outcomes of the group's work
- Planning for closure and ensuring a satisfactory conclusion for the group
- Recall Day



Recording Our Communities

Aims

- To explore ways of doing reminiscence projects that give a voice to older people in the community
- To provide skills in recording and preserving memories of individuals and groups
- To demonstrate inter-generational approaches to oral history and reminiscence

One-day course includes:

- Planning and resourcing a project
- Conducting interviews with individuals and groups
- Sound recording techniques, storing and archiving of material collected
- Building community links
- Creative exploration of outcomes of interviews
- Setting up public events to showcase reminiscence projects

Dramatising Memories

Aims

- To explore creative ways of dramatising memories to increase a sense of community
- To demonstrate the merits of drama as a means of valuing and enhancing people's life experiences

One-day course includes:

- Exploring ways of working with groups of older people to dramatise some of their life-experiences
- How to make the transition between reminiscing and re-enacting reminiscences
- How to construct scenes and storyboards based on shared memories
- Facilitating performance through reminiscence and improvisation
- Working with older people as co-directors
- Offering participants choices about casting
- Use of appropriate props, audio-visual aids and memory triggers

Reminiscence in Hospice Care

Aim

- To provide skills and understanding for people who wish to introduce reminiscence work into the hospice care setting

One-day course includes:

- Clear definition of reminiscence work – aims and methods
- The value of reminiscence – different types of reminiscence
- The significance of reminiscence for people approaching the end of life
- The aims of hospice care related to the aims of reminiscence work
- Good practice in reminiscence work
- Contrast between life review and other types of reminiscence work
- Participation in illustrative reminiscence exercises
- Planning and structuring reminiscence groups
- Examples of the use of creative activities in reminiscence work
- Life-Story books and other reminiscence legacies
- Methods of evaluation



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In-House Training and Consultancy

All our courses can be delivered in-house at your own training venue or at a suitable venue in your region. As well as the courses listed in this brochure, Age Exchange has an additional programme of specialist courses that can be delivered in-house.

For example:

Intergenerational Reminiscence
Reminiscence and Ethnic Elders
Reminiscence and Nursing Care

Training and Consultancy Package

We can also offer organisations consultancy services to assist and support them to successfully plan for and complete their reminiscence projects.

We recommend a three-stage process of introductory training and preparation, midterm review and working towards completion. Support, advice and assistance are available throughout the whole process.

To discuss in-house training and consultancy services contact:

Bernie Arigho

Director of Reminiscence Research and Development

Email – bernearigho@age-exchange.org.uk

Reminiscence Trainers

Bernie Arigho M.Sc. (Gerontology), B.A., Cert. Ed., F.R.S.A.

Bernie has a background in health and social care, community theatre and education. He has specialised in reminiscence work since 1986. Currently Age Exchange's Director of Reminiscence Research and Development, he is responsible for developing training and outreach project services. He has coordinated and supervised over 300 projects in care settings. He is presently directing London-wide reminiscence projects that explore the links between creativity and health in old age, using music, dance, theatre and the visual arts.

Lindsay Royan B.A. (Psych/Phil), Dip.Dth., C.Clin. Psych

Lindsay is a clinical psychologist with twenty-six years experience of working in the care of older people. She now specialises in dementia care, primarily with older people but also younger people and people with learning disabilities. She is a qualified drama therapist with an interest in the use of all creative therapies in reminiscence work. She has been involved in several national initiatives on developing services for older people.

David Savill M.A. (Performing Arts), F.R.S.A.

David graduated from the London Drama Centre in 1988. He has many years' experience as a director, teacher and writer in the fields of theatre and reminiscence arts. He is responsible for intergenerational arts and education projects at Age Exchange, as well as developmental reminiscence arts projects in partnership with other organisations. He has lectured on his work at universities and drama schools around the country.



Age Exchange Theatre Trust

Registered Charity (no. 326899)
Company limited by guarantee (no.1929724)

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