

“Continuation of an active lifestyle with dementia”

How can people with early stage dementia continue an active lifestyle with preferred cultural and leisure activities? Introducing an evidence based method: Lifestyle Redesign.

The lecture could be inspiring for OT's , for organisations who arrange activities for persons with dementia and for families with dementia.

It is a narrative about a project I have been directing in cooperation with the Danish Alzheimer Organisation, concerning the experiences of a training-group of people with early stage dementia.

This Spring I won the award: “Poster of the year” for this project: Se my homepage: <http://www.able.dk>

It took place in 2011 and in the lecture I will show pictures and give examples of topics we discussed and experienced and the outcome of the group meetings.

Participants in the group were six persons with early stage dementia, a spouse to a person with dementia (volunteer), an OT and a social worker giving advices for families at home. The group had eleven meetings.

The programme of the meetings followed a plan including questions to reflect on and discuss and experiencing things together.

The theoretical foundation for this project was Occupational Science and the registered method “Life Style Re-design” developed by american OT's at the University of Southern California.

The lecture will last minimum 45 minutes. There will be time for question and answer.