

“Fear of losing memory: Keeping memories alive”

Creativity applied to fear (activity 5)

„Creating Wellbeing“

CREATIVITY APPLIED TO FEAR

1. NAME OF THE ACTIVITY

Fear of losing memory / being forgotten: “Keeping memories alive”

2. DESCRIPTION

The fear of being forgotten is understandable, since everyone desires to feel important and valued by their loved ones. Many people are able to overcome their anxiety and avoid thinking about their fear all of the time by developing self-confidence and self-esteem. A person suffering from athazagoraphobia is not in this situation.

When someone's actions confirm this natural fear of being forgotten, it may be extremely harmful to the self-esteem of someone who suffers from this phobia. This condition might make you fearful of being left behind. If these concerns persist, they may progress to athazagoraphobia. Covid-19 pandemic forcefully created a disconnection between individuals, elderly people being one of the most affected category. Not being able to have family members close generated an increase in fear and anxiety of being forgotten

The fear of being forgotten is closely related to the fear of losing memory and when this comes in discussion, most people immediately think about Alzheimer's disease. It is natural for people of all ages to forget unpleasant events. Even kids neglect to complete their schoolwork and must be regularly reminded. We occasionally receive notification that a bill is past due. We "forgot" to make the payment. We highlight how terrible it is that we forget, but we overlook how many things we remember in our lives: we remember everything, including things we would want to forget.

3. OBJECTIVES

The This tool aim to reduce or even eliminate the fear of memory loss and of being forgotten that elderly people experience. As COVID restrictions prohibited many families to be close to their elderly, overcoming fear of being forgotten and forget is crucial.

4. RESOURCES AND MATERIALS

- DOLL / TOY / PUPPET
- PERSONAL ITEMS
- BOX
- SMARTPHONE/ LAPTOP/ AUDIO SYSTEM

5. IMPLEMENTATION – INSTRUCTION

DOLL CARE

Dolls provide a great deal of comfort to seniors with mild to severe dementia. These dolls may serve as a reminder of their time as parents or as a continuous companion.

First, show the senior how to utilize the doll, and make sure it's a realistic one that doesn't make noises or speak. For some elders, stuffed animals are also useful.

Ask the senior to name the doll and refer to it as a baby rather than a doll. Seniors' perceptions with dolls differ from those of younger ones.

Initiate dialogue or propose different scenarios for the „Baby“. Preparing for a new school year or first trip with colleagues are some good ideas for topics.

IMPORTANT: Caregivers must follow the senior's instructions. Dolls, bassinets, doll outfits, and bottles may be of interest to seniors who appreciate dolls. Those who are not fond of dolls should not be pushed to use them.

MEMORY BOX

A memory or rummage box might help your senior feel more connected to their prior job and pastimes.

Fill any type of box with items they might have used at work, copies of pictures and non-essential mementos, or hobby-related items.

Create a box that reminds a former office worker of their job, for example. Paper clips, pencils, erasers, paper, letters (junk mail), a calculator, file folders, notepads, and other items should be included in the box.

Put nuts, bolts, pvc pipe parts and fittings, a piece of wood (no splinters), fine grit sandpaper, and twine in their box if they used to perform handy work.

Measuring spoons, a whisk, a spatula, and other such goods can appeal to someone who enjoys cooking or baking.

This may be used for any profession or pastime; just be imaginative in your search for things that are safe to handle.

Knitting, for example, requires elderly individuals to follow or create patterns that activate particular and diverse portions of the brain. Crafting, for example, has been shown to lessen the risk of moderate cognitive impairment by as much as 50%.

SHOW AND TELL

Individuals of all ages and neurological capacities benefit from music practice in terms of memory and focus. It's an excellent activity for improving hand-eye coordination. In a recent study published in *Hearing Journal*, it was shown that three months of weekly piano instruction and practice helped seniors aged 60 to 85 enhance their general processing speed and memory. For people suffering from memory loss, music might be a useful aid. The mind is influenced by familiar tunes in ways that go beyond ordinary communication. The perfect song may change your mood, lower your stress levels, increase your cognitive performance, and encourage positive social connections. Music necessitates less cognitive processing, especially when it comes to tunes that are "by heart."

Because it differs from other memory functions, it is frequently preserved far into the latter stages of the disease. Music is arguably the simplest and quickest approach to convey delight to an elderly person who is suffering from memory loss. Here are some ideas for incorporating music into the lives of a loved one:

- Download a playlist of a top ten music list from young adulthood (concentrate on ages 18-25)
- Attend local music performances
- Get up and dance while you listen
- Sing-along together with tunes/hymns from childhood
- Encourage regular playing of lifelong musical instruments such as a piano

Music often helps carers with daily routines such as getting dressed and grooming, transforming difficult jobs into pleasurable exchanges. Turn on background music or sing or hum along to a familiar track. Remember that the purpose is to help connect the past to the present; this frequently happens when there is a lot of emotion involved, so anticipate the unexpected.

6. EXPECTED RESULTS

- Improved memory and connection with the past
- Reduce fear of memory loss
- Reduced fear of being forgotten
- Increased happiness and joy in patients
- Increased desire to be more active

7. PREPARED BY



