

Common Reading

Creativity applied to loneliness (Activity 1/12)

DESCRIPTION

The idea of the activity is as simple as it can be: the carer reads to the senior a book or a newspaper. It its simplicity there is also an advantage: it doesn't require any particular qualifications from the caring person, it can be conducted by anyone and there is an unlimited possibility of books, stories and magazines (genres, level of advancement and language, topic – may be adjusted). It can be also dedicated to the wide range of seniors, also the people with disabilities or the symptoms of dementia. For some seniors reading by themselves is very difficult because of the problems with sight. Moreover, common reading evokes the sensation of togetherness and possibility of falling into a story, focusing on a plot which moves the feeling of loneliness away. By the way – the book may be also interesting to the carer/reader! 😊

OBJECTIVES

The objectives of this activity are to propose an easy and accessible activity with may possible variations to reduce the feeling of loneliness.

The additional goals are:

- Memory training
- Focus training
- Cognitive abilities training

RESOURCES AND MATERIALS

All is needed is a book. The important thing is to choose the appropriate one (and change if the first choice was not good enough). The level of complexity and the plot should be accurate to the senior's condition and the universe they know, also it's important to address senior's interests. Usually the kinds

of books that are appreciated by seniors are: - classics, novels; - biographies of people that seniors know and admire; - books that cover senior's interest (cooking, foreign countries, religion, poetry)

IMPLEMENTATION - INSTRUCTION

1. Propose the common reading to the senior.
2. Prepare the propositions of books but also be open to the senior's suggestions.
3. Find a nice space and time to spend the time reading together.
4. Observe the senior's reactions – feelings that the book evokes, if it's interesting, if she/he focuses on it. You can ask about it. If needed – change the book or come back to the previous pages/ changes if something is not understood. But don't insist – it is also possible that she/he likes to listen even if doesn't catch all the details of the story.
5. Do the common reading with senior on regular basis

POSSIBLE MODIFICATIONS

The activity may be also organized for a group of seniors. If the seniors are in a good cognitive cognition the discussion book club may be organized.

EXPECTED RESULTS

- Reduce the feeling of loneliness
- Cognitive abilities training
- Reinforcement of motivation