

THEN AND NOW - CREATING NEW MEANINGFUL RELATIONSHIPS

Creative writing

STEP 1

Contact a museum, archive, gallery or library near you. Organize a creative writing workshop together for people with early dementia and carers to participate. Ask experts, such as writers or poets, to participate in the workshop.

STEP 2

Provide artwork such as paintings or photographs or personal items that can serve as a source of inspiration for writing. Encourage conversation about the subjects by asking questions.

Encourage PwD to share their thoughts, experiences, but also to fantasize and talk about the scenes they have in their heads.

STEP 3

Write down thoughts and spoken words on a piece of paper or in a workbook. Let them be the basis for writing short stories or poems.

STEP 4

Ask the participants to read the papers and reflect on what they have written.

