

# THEN AND NOW - CREATING NEW MEANINGFUL RELATIONSHIPS

## From hand embroidery to Christmas gingerbread

### STEP 1

Think about which customs in your area are extremely important and beautiful, and which topic you could use in organizing a workshop for mixed ages. If you are not skilled enough yourself, invite external collaborators who can demonstrate a certain technique or skill and transfer the knowledge to others.

### STEP 2

Allow visitors - caregivers and PwD to talk and, if their memory still serves them well, to share their experiences and memories of family gatherings, food preparation or customs during the holidays (family gatherings, recipes, decorations, etc.)

### STEP 3

Provide a comfortable space, a place where participants can sit comfortably and talk to each other or get to know each other better. Exhibit the works created by the participants so that the rest of the public can see the results of the workshop, but also to sensitize the public to issues related to dementia and activities that help patients and caregivers.

