

Alzheimer's Poetry Project (APP)



APP



The APP is a non-pharmacological intervention for groups of people with dementia. A trained facilitator uses poetry, movement, song to inspire creative self-expression, reduce social isolation, and provide social and intellectual stimulation.

APP Methods and Techniques:

- 1) Call and Response
- 2) Discussion Starter
- 3) Use of Props
- 4) Creating a Group Poem

Call and Response



#1 APP Technique

To engage the participants in performance, the session leader uses a call and response technique, reciting a line from the poem and coaching the group to repeat or echo the line in unison.

Poetry Robot



Discussion Starter



#2 APP Technique

Use poems to start discussions.
Ask questions based on the
subject matter of the poem.

Return to reciting the poem
using the call and response
technique.

Props



#3 APP Technique

Use items people can smell, feel, hold, taste.
Build a program around a theme and support the theme with the props

- Tree poems: Use leaves and branches
- Garden poems: Use flowers, pots, soil
- Ocean: Use sand, beach ball, sea shells
- Sports poems: Nerf ball or balloon to play catch

Create a Group Poem, Story or Song



#4 APP Technique

Ask open-ended questions based on the theme of the session. Write down the group's responses.

In a session on Spring we might use "Daffodils," by Wordsworth, as a model poem and perform the poem using call and response. Then to create the group poem ask a series of questions.

For example what spring smells like, tastes like, sounds like, looks like and feels like.

The groups' answers become the lines of the poem.

Dancing and Movement



Music





Intergenerational

From Preschool
to
University
Medical Students



Q and A



Resources

Dementia Arts Groups

TimeSlips: Story Telling

<https://www.timeslips.org/>

Kairos Alive!: Dance

<https://kairosalive.org/>

SongWriting Works: Music

<https://songwritingworks.org/>

Books:

Dementia Arts: Celebrating Creativity in Elder Care- Glazner

YouTube Channel:

<http://www.youtube.com/user/alzpoetry?feature=mhum>

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