

## TEMPLATE N°1: IDENTIFICATION OF GOOD PRACTICES BY HOST ORGANISATION

**Template N°1** facilitates the description and identification of the good practices that will be presented by the host organizations during the TRIADÉ project. These good practices should endorse the main aim of the project, i.e. the good practice(s) focus on the enhancement of knowledge, skills, competences or attitudes of formal and informal caregivers for a more inclusive and community based care system.

**Template N°1** should be completed for each good practice that will be presented and/or shown by the host organizations. PLEASE, SEND THESE TEMPLATES TO ALL PARTNERS AT LEAST 2 MONTHS BEFORE THE ACUAL VISITS!

NAME OF HOST ORGANISATION/INSTITUTION	SOL
<b>TITLE OF THE GOOD PRACTICE</b>	The Memory palace
<b>GENERAL OBJECTIVE OF THE GOOD PRACTICE</b>	Goals: <ul style="list-style-type: none"> <li>• Improving the quality of life for people with dementia;</li> <li>• Reducing the burden of the caregiver and promote their health and well-being;</li> <li>• Preventing or delaying admittance of a person with dementia in a nursing home.</li> </ul>
<b>MOTIVATION FOR CHOOSING THIS GOOD PRACTICE</b>	We want to show how a relatively simple local intervention can contribute to the quality of life for people with dementia and their (informal) caregivers.
<b>SHORT DESCRIPTION OF THE GOOD PRACTICE (+/- 500 WORDS)</b>	<p>The Memory palace is an accessible meeting place for elderly with early stages of dementia and their caregivers. In 2014, SOL Elderly has successfully launched the first Memory palace. The SOL model Memory palace is a combination of elements from the meeting centers for people with dementia, as developed by VU Medical Centre in Amsterdam and the 'Odense house' as developed in Denmark. The fixed program components of which efficacy has been proven are copied from the meeting centers for people with dementia: music and movement. From the Odense House model has been adopted its own activities where participants are encouraged to. Around it the support of the elderly and their caregivers. In the north of Rotterdam the first Memory palace started. In this area about 359 dementia patients are estimated to be living on their own. This has major implications for the environment: caring for the resident with dementia often comes down to the immediate area. Today, there are also Palaces of Memories in IJsselmonde and Charlois and Rotterdam Overschie. Each location has place for up to 20 elderly. In all these areas are also one or more forms of professional psycho-geriatric day care. The Memory palace is complementary and may reduce the step to formal day care in the future.</p> <p>The Memory palace provides support to people with early stages of dementia and their caregivers. Easily accessible, close to home, in a warm environment and all under one roof. The Memory palace provides a place for informal care to participants. Partners, other family members, neighbors are actively involved in the daily activities if they want to, but it can also be a relief for these people: a moment free of worry and responsibility. Topics and activities suggested by the participants are included in the program. A particular activity, a game for example, can also be organized at home, by the caregiver or volunteer. The activities target</p>

memory and reminiscing in order to activate the client. An integral part is an hour filled with music and movement, led by a teacher. A great added value of the Memory Lane is the power of shared achievement: the elderly together with their caregivers, volunteers and interns. By visiting the Memory Palace once a week, elderly can break the old pattern of retreating, becoming more and more vulnerable and increasingly burdening the informal caregivers. People on average live with dementia for eight years. The Memory Palace proves that we can improve the quality of life for people with dementia in the early stages of this disease.

<b>DESCRIPTION OF TARGET GROUP</b>	Independently living elderly in the first stages of dementia and their caregivers.
<b>MEANS/MEHODES OR TOOLS USED</b>	The memory Palace provides support to people with early dementia and their caregivers. Easily accessible, close to home, in a warm environment and all under one roof. Memory Lane provides a place for informal care to participants. Partners, other family members, neighbors are actively involved in the daily activities if they want to, but it can also be a relief for these people: a moment free of worry and responsibility. Topics and activities suggested by the participants are included in the program. A particular activity, a game for example, can also be organized at home, by the caregiver or volunteer. The activities target memory and reminiscing in order to activate the client. An integral part is an hour filled with music and movement, led by a teacher. A great added value of the Memory Lane is the power of shared achievement: the elderly together with their caregivers, volunteers and interns.
<b>SKILLS INVOLVED FOR THE CAREGIVERS</b>	Collaboration and networking with other professionals and volunteers Persuasiveness creativity Communication skills Perspective Flexibility Rest Humor Group dynamics
<b>ATTITUDES INVOLVED FOR THE CAREGIVERS</b>	Wanting to learn, not wanting to know everything, focus on individual human being, optimism, openness, compassion, welcoming of diversity.
<b>RESOURCES NEEDED</b>	A location with informal atmosphere for one day a week; Budget for coffee, tea, water; Resources for the cost of the vocals and movement teacher 1.5 hours per week; Means for the cost of a professional supervisor of the elderly and of volunteers; Budget for the expenses of volunteers.
<b>NOTES</b>	