

“PLANTING SEEDS” ALZHEIMER’S ASSOCIATION OF REUS AND BAIX CAMP

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INTRODUCTION

The Alzheimer's Association of Reus and Baix Camp has always worked actively to promote social awareness towards a disease still unknown to many people through workshops in different social places. However, we observed that these educational talks were always directed to adults and we detected the need to expand our work to a group that has a very important role in the family regarding this disease: children / adolescents. They are future active members of the Society and we think that awareness must start from a very young age in order to foster empathy and improve relationships with people with Alzheimer's, a disease that unfortunately is a reality more and more prevalent in our lives. We believe that this is a step forward in the normalization of this reality that affects many families.

METHODOLOGY

We carry out this work actively participating in the educational project of the city of Reus. We have had very good reception in the educational community through the ARE 2016-2017 and 2017-2018 offer (two consecutive years), the set of activities and educational resources promoted by the different areas and municipal services aimed at schools and institutes. The educational talks, dynamic and interactive for the students, have been made by a social educator together with the president of the Association or other member. The proposals are adapted to the age of the class group (primary and secondary school groups). The titles of these are:

PROPOSAL 1: “How the nervous system works and what happens to grandfather/grandmother when they have Alzheimer’s”

PROPOSAL 2: “We empathize with Alzheimer’s”

PROPOSAL 3: “What happens to the person when they suffer from Alzheimer’s”

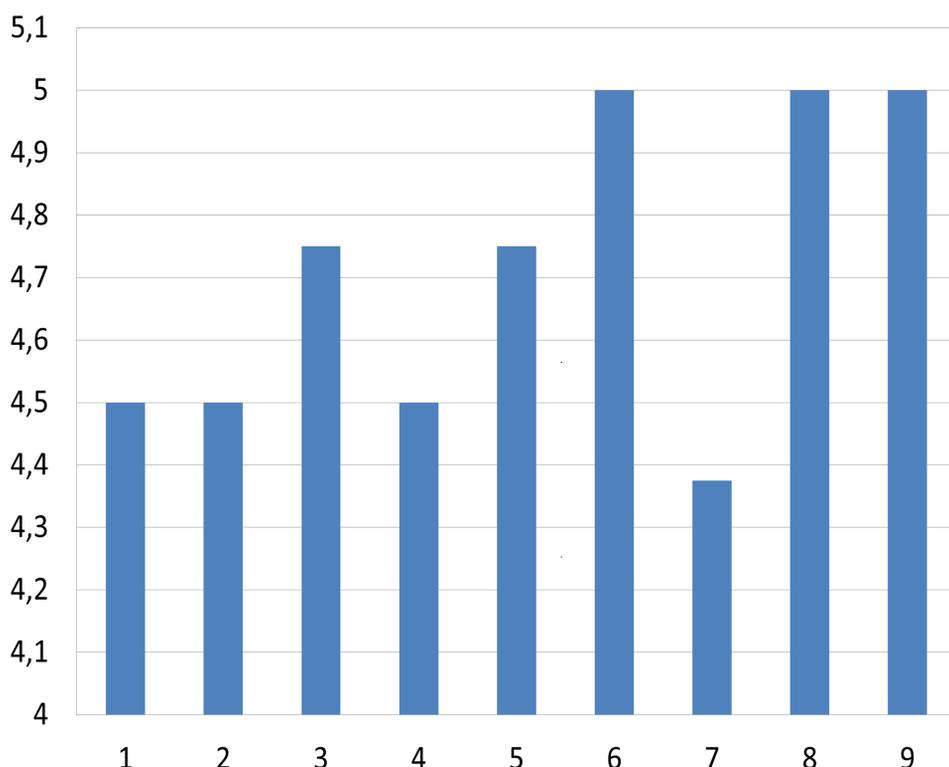
PROPOSAL 4: “Breaking out schemes with Alzheimer’s”

OBJECTIVES

- To present the main aspects of the disease in a dynamic and participative way.
- Empathize with the difficulties of the person with Alzheimer’s.
- Empathize with the main caregiver.
- Answer doubts, fears and prejudices regarding the disease.
- Promote support and intergenerational relationships.
- Give value to the elderly, grandparents and grandmothers, as active members of society and family.
- Publicize services that offer specific treatments and provide quality of life for people with Alzheimer’s disease and their families.



Average of the items



DISCUSSION AND CONCLUSIONS

The graph shows the results collected from the satisfaction surveys completed by the teaching staff. The graph shows very positive results. The teachers value in 4,5 out of 5 the interest, the level of participation and the enjoyment of the practical activity of the students (**items 1, 2 and 4**). In a 4,75 out of 5 they value the fact that the subject has been clearly stated and the students have been able to answer doubts, fears and concerns about the disease (**items 3 and 5**). In a 4,37 out of 5, the resources used during the activity have been considered adequate (**item 7**). Finally, in a 5 out of 5, it is valued that the duration of the talk has been adequate. In addition, all schools agree to repeat the experience in future courses and participate in an intergenerational activity (**items 6, 8 and 9**).

After this experience and its assessment from the teaching staff, we firmly believe in giving continuity and extending the project.

