

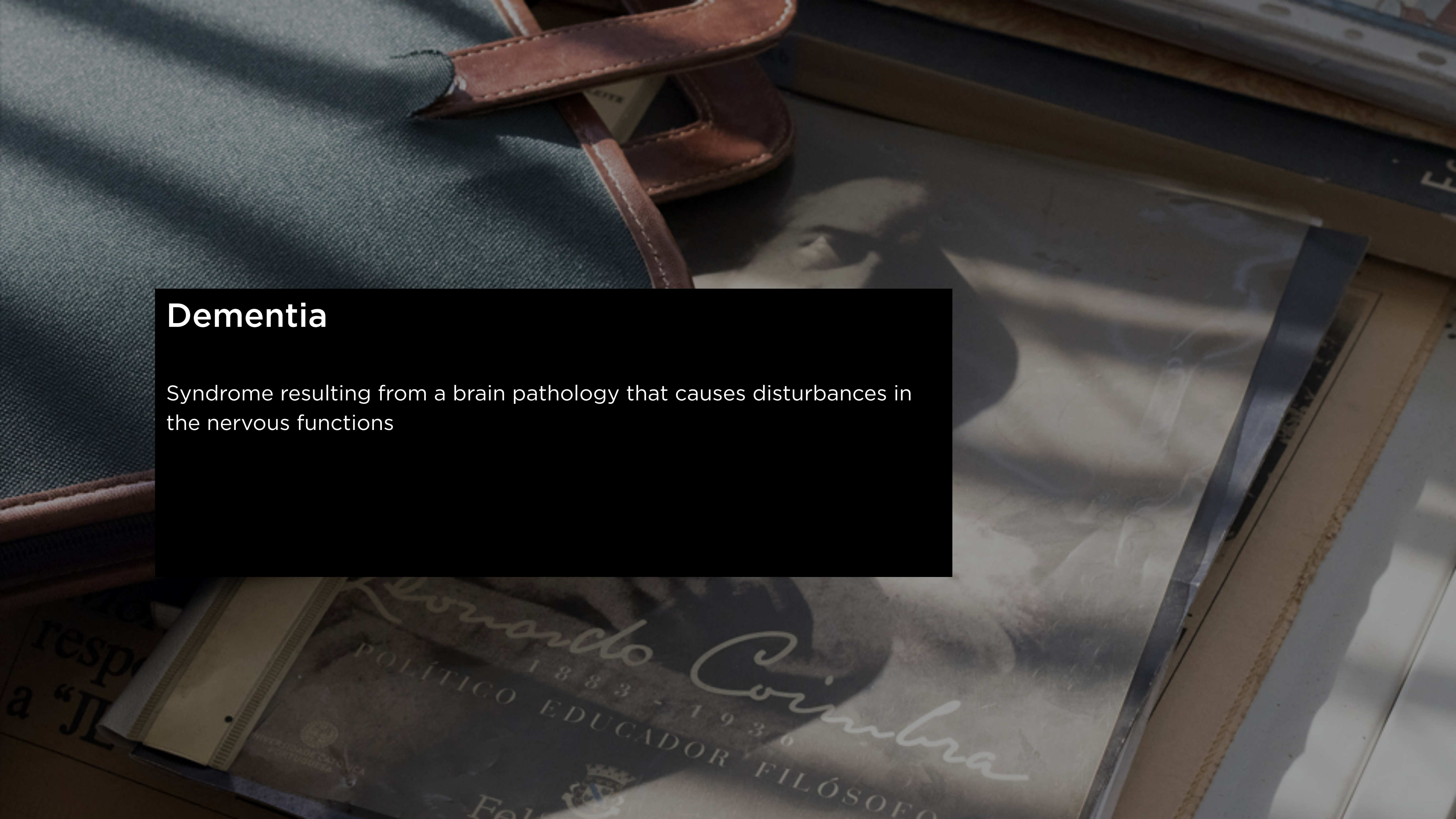
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Co-designing meaningful leisure products based on life experiences: contributions to improve the well-being of people living with dementia

Cláudia Raquel Lima · Susana Barreto · Eliana Penedos-Santiago

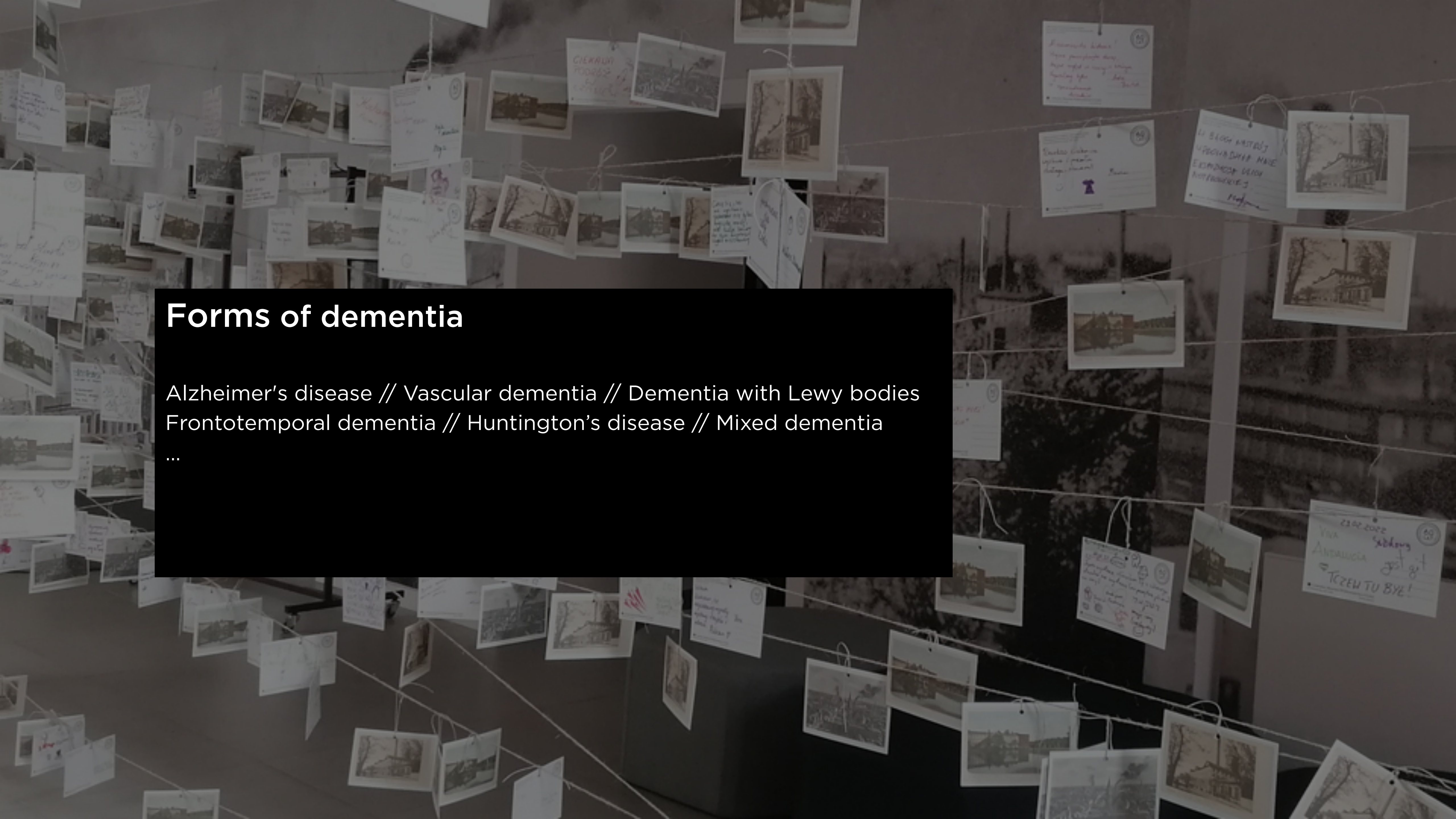
ID+ — Unexpected Media Lab
Faculty of Fine Arts, University of Porto, Portugal

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The background image shows a close-up of a book cover. On the left, there is a dark blue textured surface with a brown leather strap. The main part of the image is a book cover with a portrait of a man. Below the portrait, the name 'Leonardo Coimbra' is written in a large, elegant script. Underneath the name, the dates '1883 - 1936' are printed. Further down, the words 'POLÍTICO EDUCADOR FILÓSOFO' are visible. At the bottom left, there is a small circular logo with the text 'UNIVERSIDADE CATÓLICA PORTUGUESA'.

Dementia

Syndrome resulting from a brain pathology that causes disturbances in the nervous functions

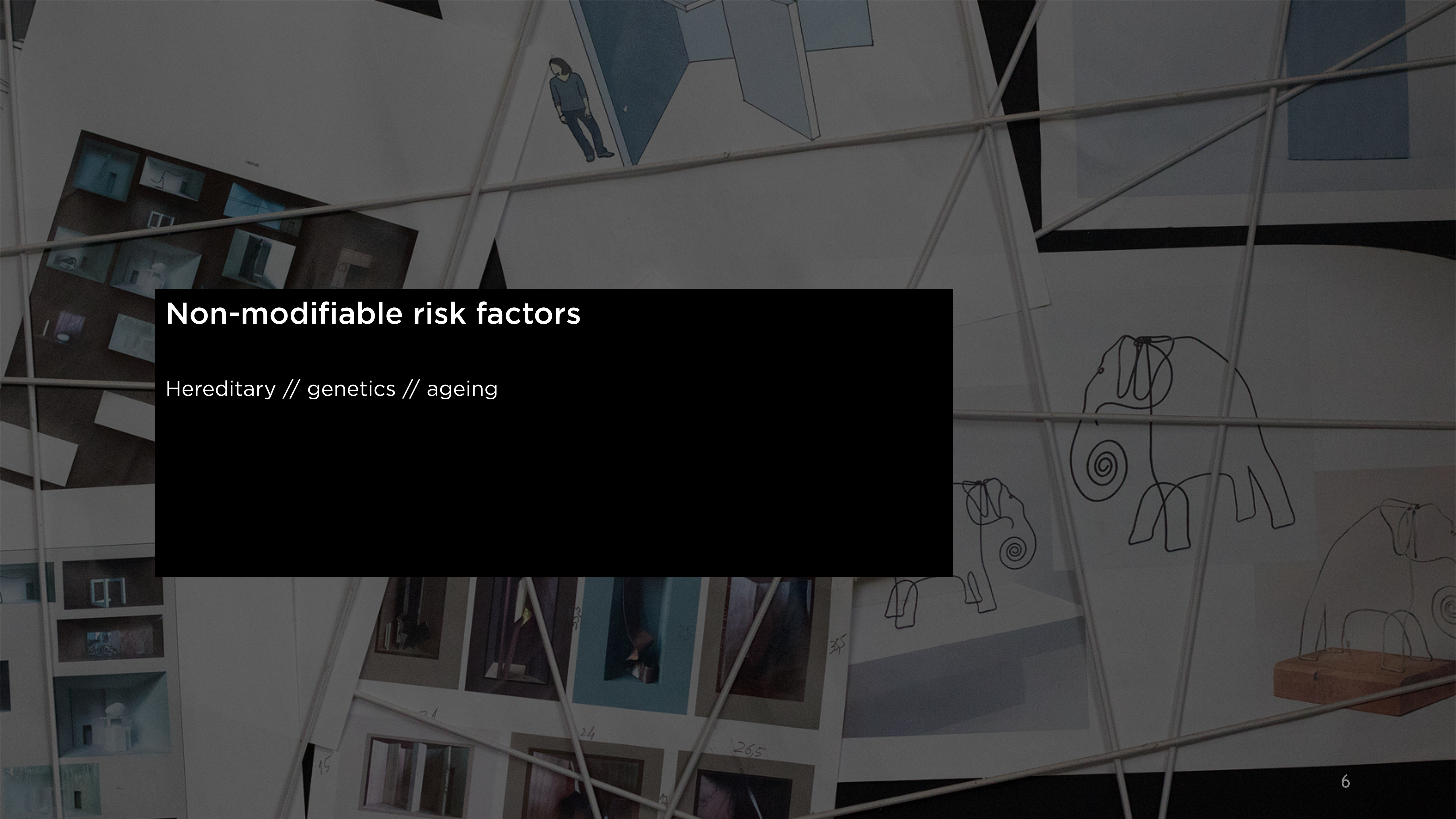


Forms of dementia

Alzheimer's disease // Vascular dementia // Dementia with Lewy bodies
Frontotemporal dementia // Huntington's disease // Mixed dementia

...

The symptoms of dementia are progressive and vary from person to person.



Non-modifiable risk factors

Hereditary // genetics // ageing

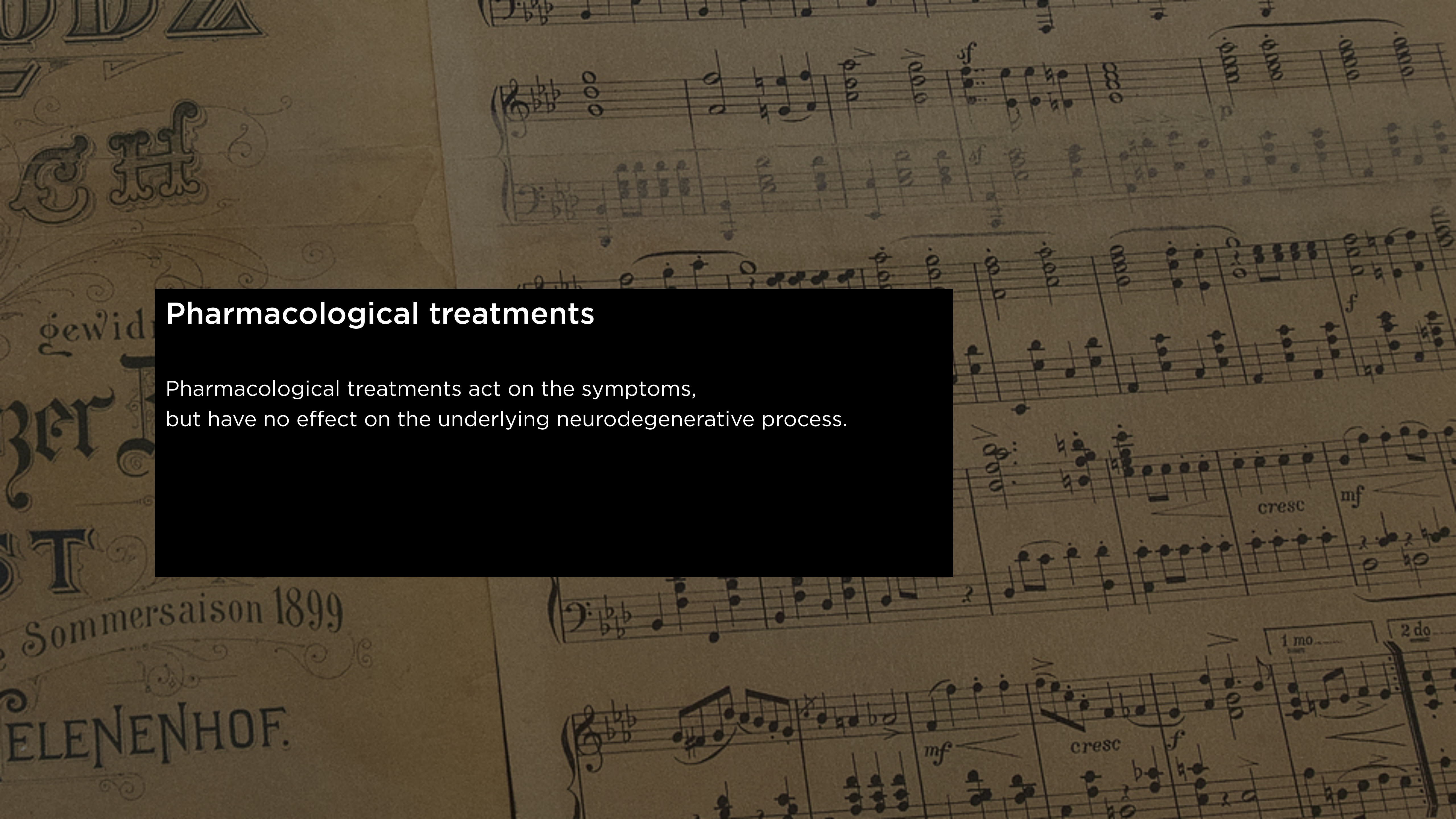


Modifiable risk factors

Smoking // sedentary lifestyle // obesity // hypertension // diabetes // infrequent social contact // depression // education // hearing impairment // excessive alcohol consumption...

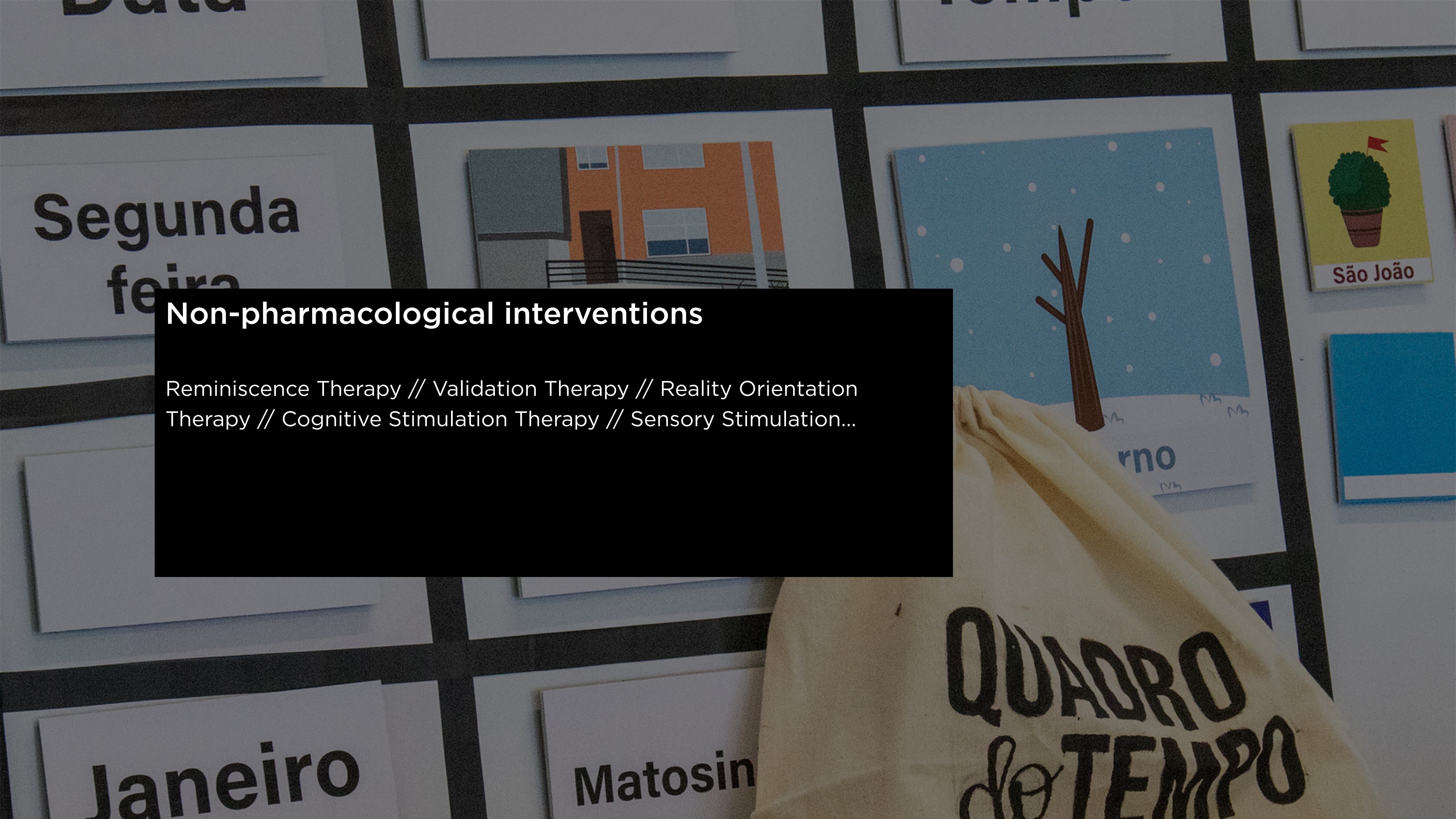
Pharmacological treatments

Pharmacological treatments act on the symptoms, but have no effect on the underlying neurodegenerative process.



Non-pharmacological interventions

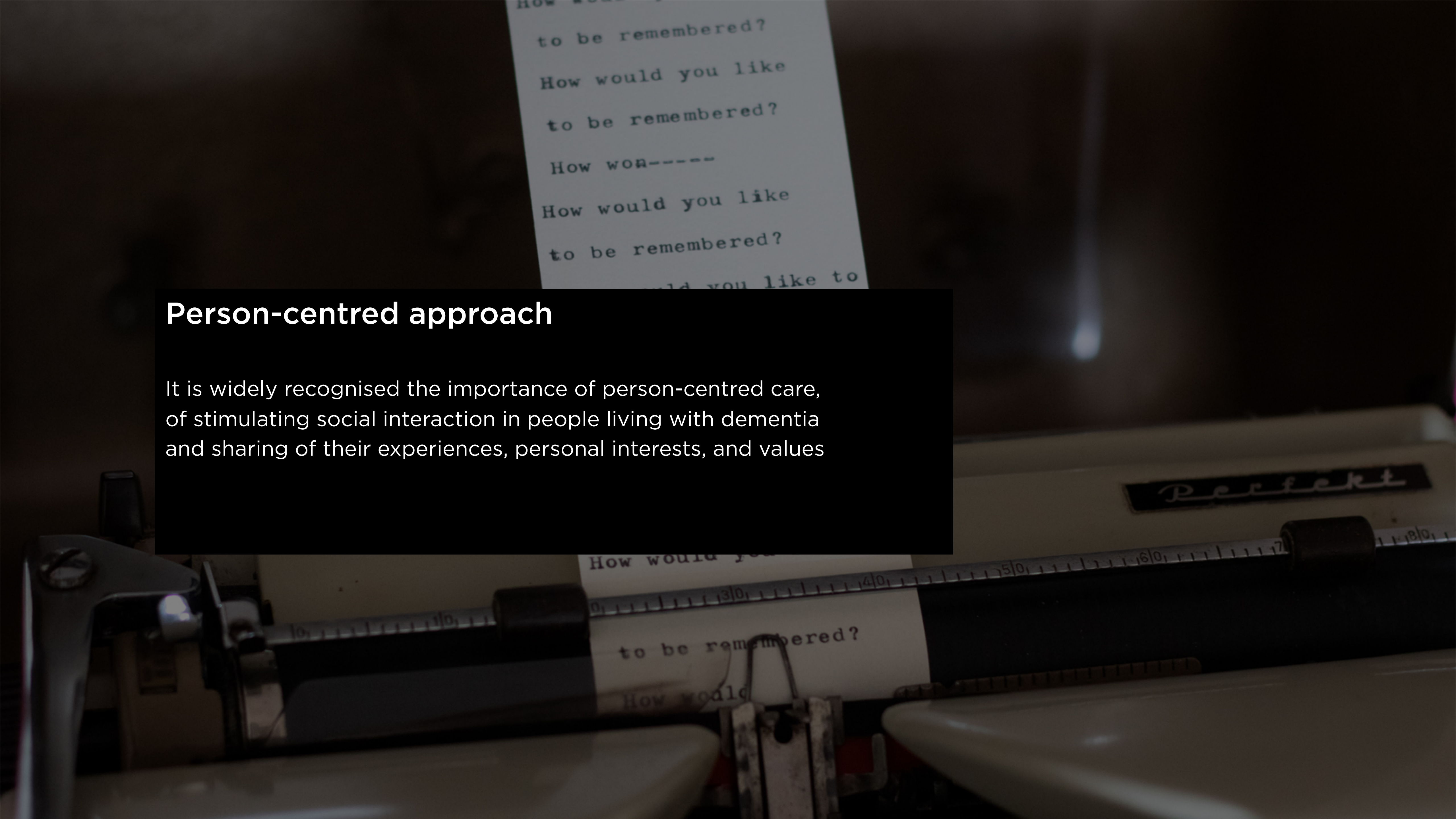
Reminiscence Therapy // Validation Therapy // Reality Orientation Therapy // Cognitive Stimulation Therapy // Sensory Stimulation...





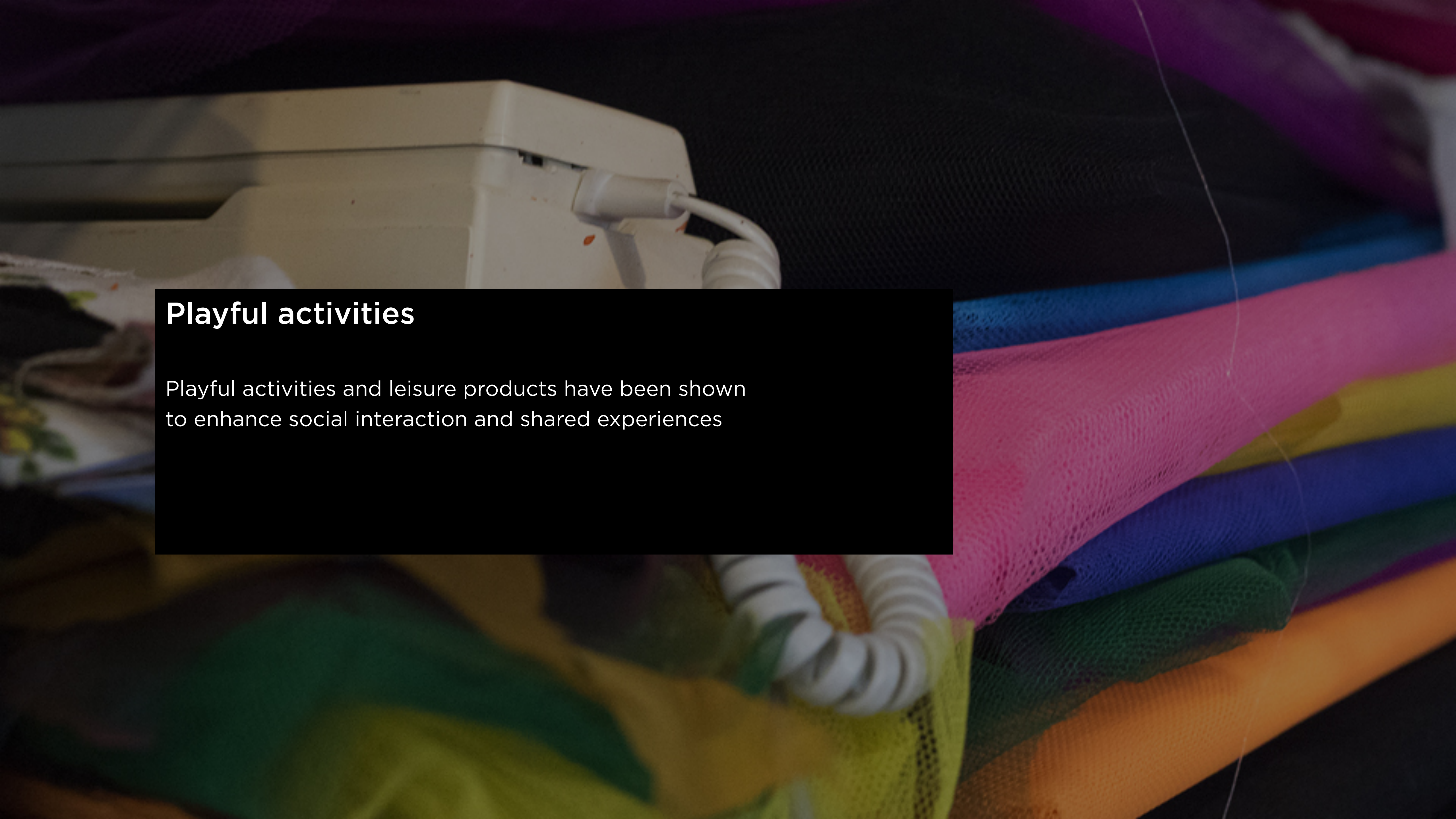
Design contributions

The practice of design has proved fundamental, both in the research process and in the creation of artefacts for cognitive and sensory stimulation



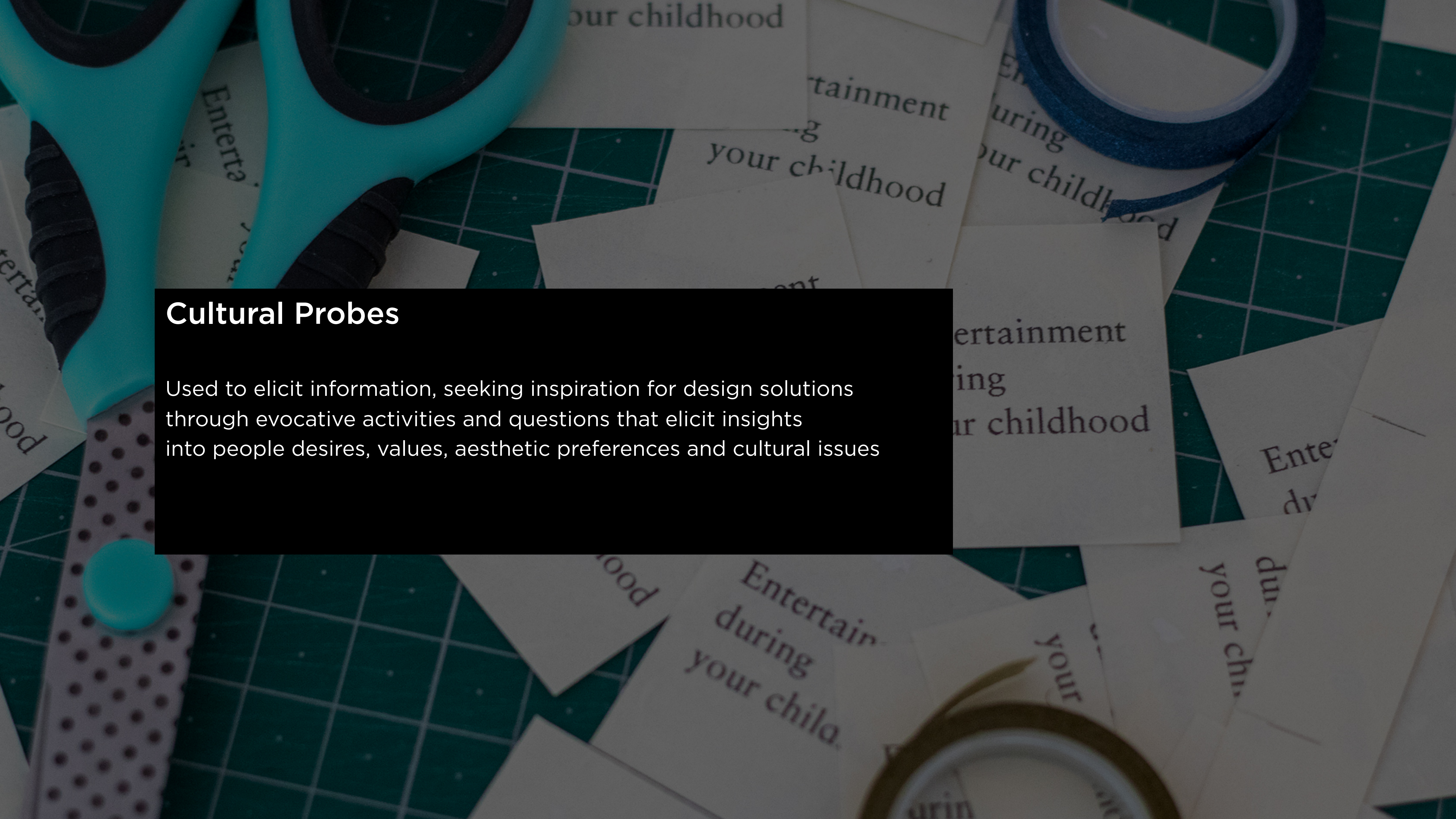
Person-centred approach

It is widely recognised the importance of person-centred care, of stimulating social interaction in people living with dementia and sharing of their experiences, personal interests, and values



Playful activities

Playful activities and leisure products have been shown to enhance social interaction and shared experiences



Cultural Probes

Used to elicit information, seeking inspiration for design solutions through evocative activities and questions that elicit insights into people desires, values, aesthetic preferences and cultural issues



Cultural Probes

Usually small scale objects, whose materiality and form are designed to relate specifically to a particular question and context

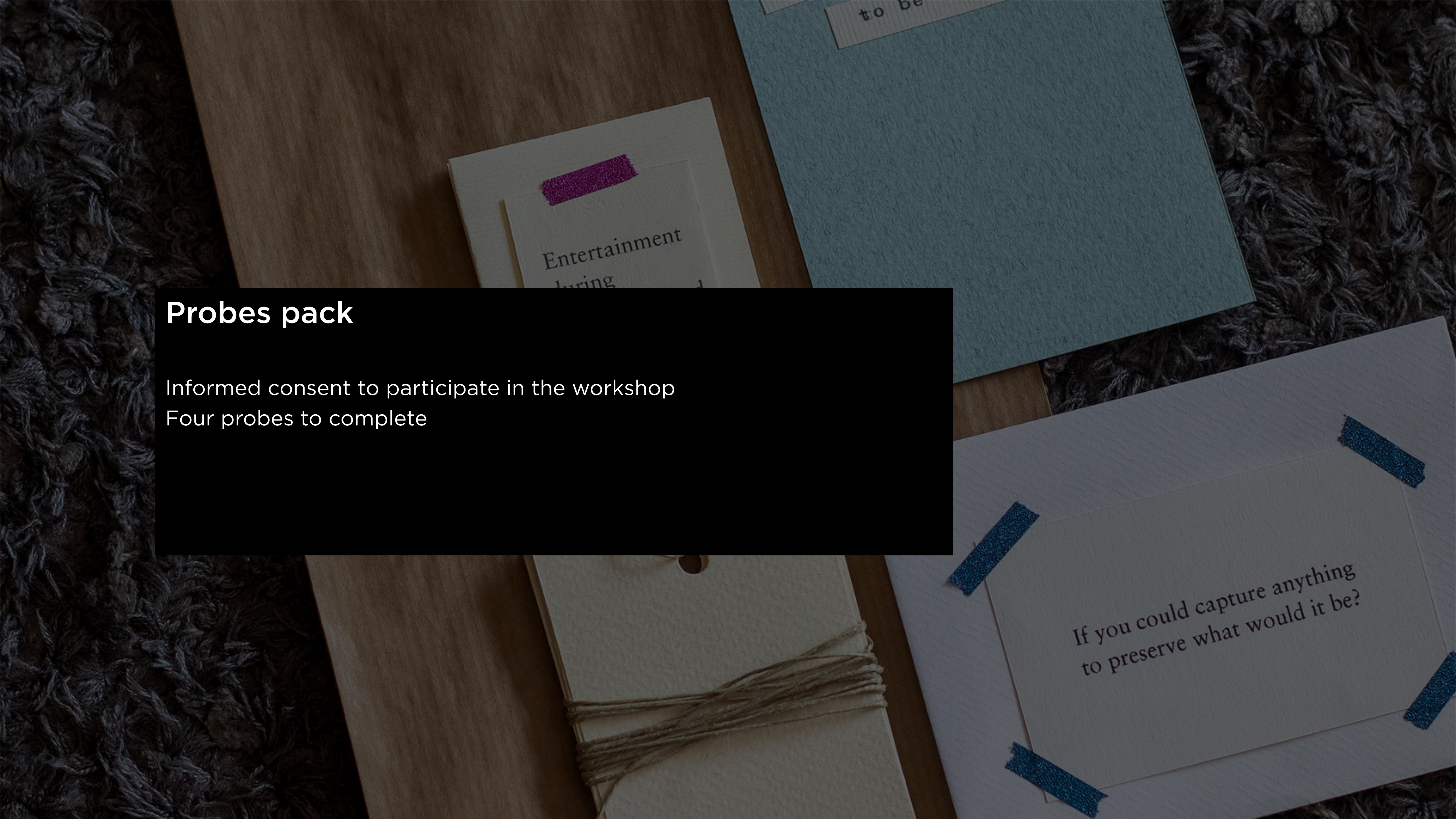
Encourage reflection and sharing of personal experiences and points of view



Workshop

Reflect on life experiences, on personal interests, on what is valuable
What really matters?





Probes pack

Informed consent to participate in the workshop
Four probes to complete

If you could capture anything
to preserve what would it be?

The knots of your life

Untangle the knots of your life

Use the cards to document the significant moments of your life through writing or drawing

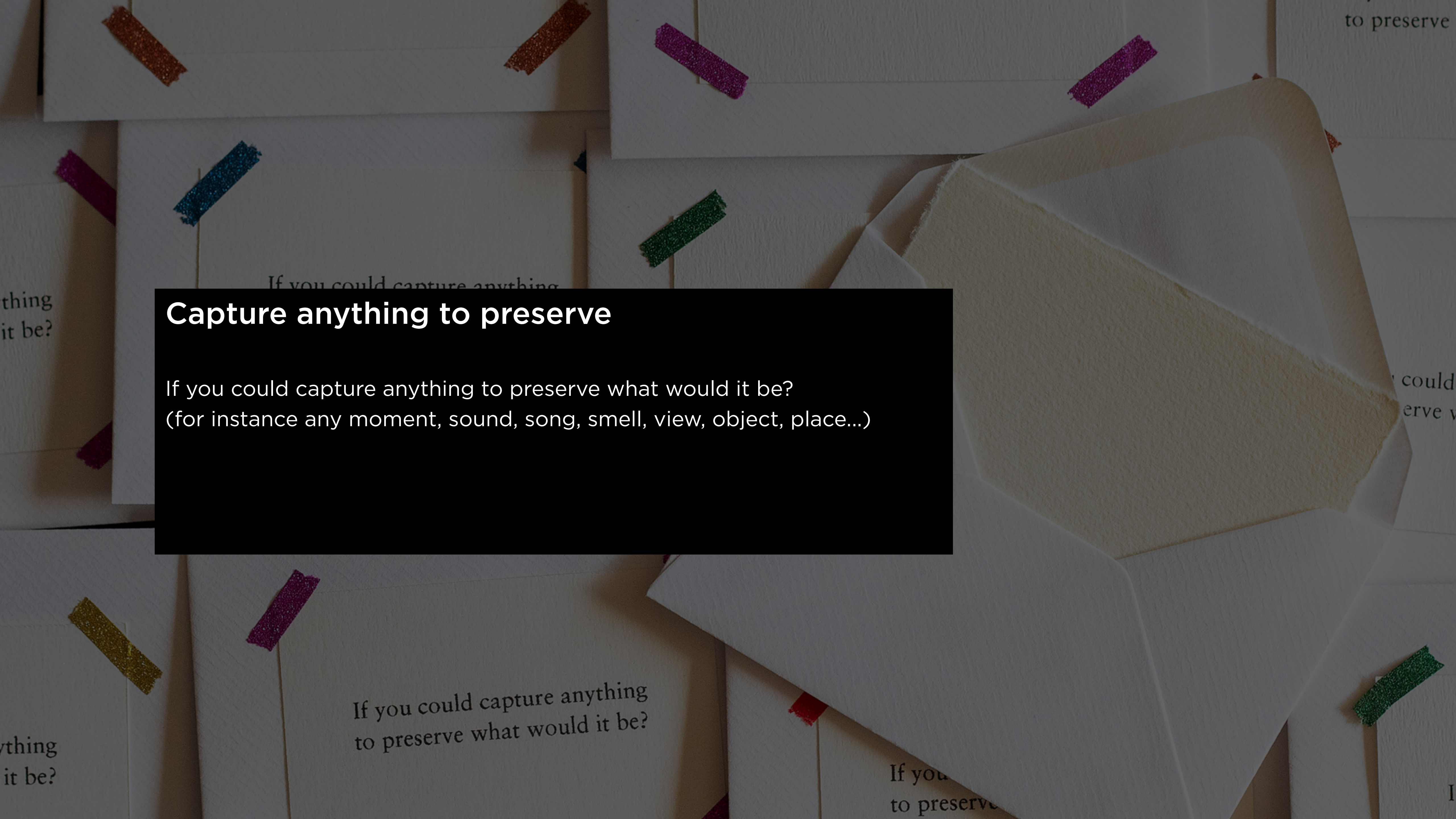
Wedding, 1997

First child, 1999

Moving to the
UK, 2000

Second child, 2002

Diagnosed with
thyroid cancer, 2004

The background is a collage of various papers and envelopes. Some papers have the text "If you could capture anything to preserve what would it be?" printed on them. The papers are held together by small, colorful pieces of tape in shades of gold, purple, blue, green, and red. A large, light-colored envelope is partially open, showing its interior. The overall aesthetic is that of a scrapbook or a collection of memories.

Capture anything to preserve

If you could capture anything to preserve what would it be?
(for instance any moment, sound, song, smell, view, object, place...)



How would you like to be remembered?

By friends, relatives, colleagues...

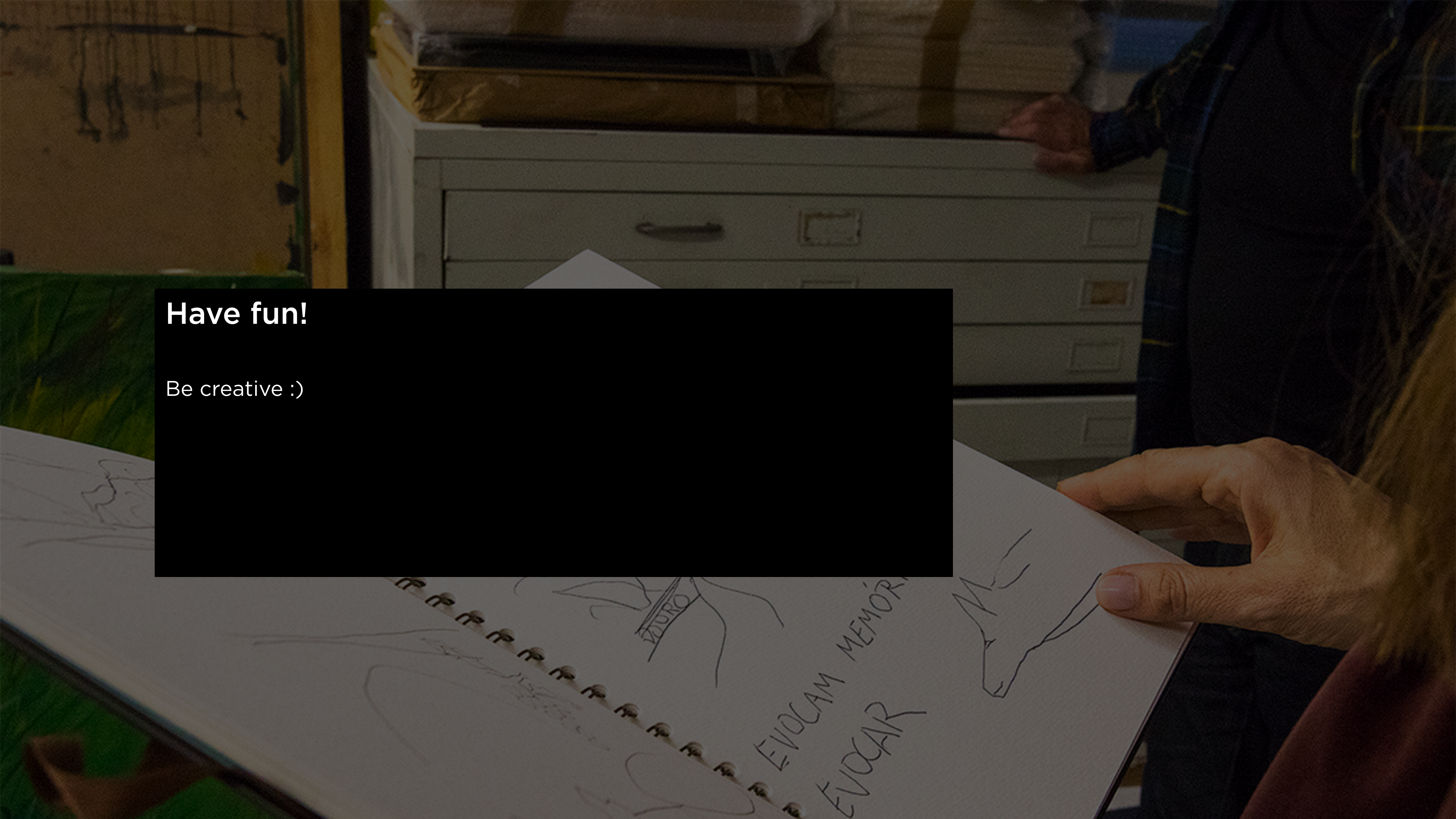


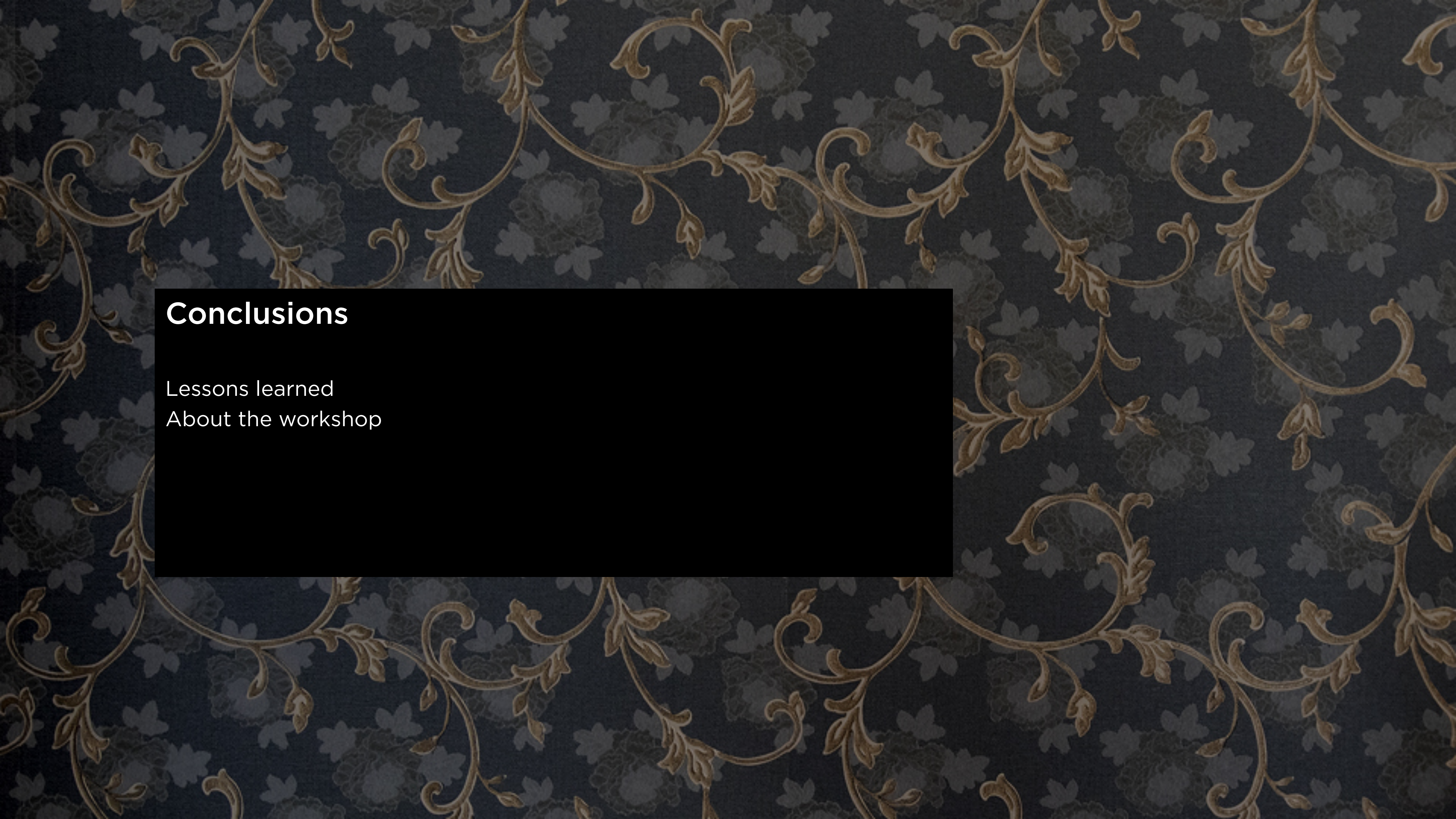
Entertainment during your childhood

Write or draw any activities, childhood games, entertainments you used to enjoy as a child

Have fun!

Be creative :)





Conclusions

Lessons learned
About the workshop

Thank you!

Cláudia Raquel Lima · Susana Barreto · Eliana Penedos-Santiago

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