

Exploring the Benefit of Participatory Drama and Storytelling Workshops for People with Young Onset Dementia and their Carers

Project Aims

To explore the perceived benefits of engagement in drama and storytelling workshops for people with young onset dementia (<65)

Drama and Storytelling Workshops

The workshops will be developed using applied drama techniques using *improvisation, role play, games, music, movement* and *tableau* to develop:

Imagination Confidence

Communication Spontaneity

Self-esteem Self-Identity



Research Question

How can engagement in drama and storytelling workshops, for people with young onset dementia and their carer, enhance communication, self-identity and self-esteem?

- ❖ To identify the expectations, experiences and perceived value of participation in drama and storytelling workshops;
- ❖ To explore the potential for dramatic and storytelling techniques to be adopted, by PwD and their carer, to support relationships, e.g. through improved communication;
- ❖ To explore the potential for drama and storytelling workshops to enhance self-esteem and self-identity through qualitative data methods;
- ❖ To investigate the researcher's role within the research process.

"In the world of make-believe... We have the freedom and the permission to do what seems to be so difficult to achieve in life – to alter behavioural and role patterns. Under the guise of play and pretend, we can – for once – act in new ways."

Emunah (1994)

Method

An ethnographic approach is adopted for this study.

- ❖ Reflective feedback during the workshops
- ❖ Pre, post and 6-month post interviews
- ❖ Drama workshops observations
- ❖ Photographic diary

Young Onset Dementia



Nearly 40,000 people have young onset dementia in the UK. Often it is considered by the impact on a person's life course (Alzheimer's Society 2014).

Reflexivity

The researcher's position within the research will be reviewed:

- ❖ Reflexive journal
- ❖ Photo diary



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