

# IMPROVISATION DRAMA:

## A CASE STUDY OF THE SOCIAL ENGAGEMENT OF A RESIDENT WITH DEMENTIA

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### Before participation, resident:

- Consistently observed to be in low mood daily
- Made no eye contact and had no desire to interact with others
- Self-isolates in bedroom and only comes out for meals
- No interest in engaging in previous hobby of singing

### Improvisation Drama Programme Framework:



1. Warm up



2. Reminiscing with stimuli items



3. Collective improvisation at work



4. Cool down



SCAN ME

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ST JOSEPH'S HOME  
CATHOLIC WELFARE SERVICES

# PSYCHOLOGICAL NEEDS AND WELL-BEING (KITWOOD, 1997\*)

Observations of a resident's areas of improvement during and after attending programme

## ATTACHMENT INCLUSION IDENTITY COMFORT OCCUPATION LOVE

### DURING PROGRAMME

Made and maintained eye contact with facilitator and fellow participants

Regularly smiled at facilitator and fellow residents

Observed to look very happy while attending to and manipulating stimuli items

Volunteered to share his knowledge about familiar objects, places and events with participants during reminiscence

Observed to take great pleasure in smelling and putting cologne on his face

Observed to eagerly taste food items reminiscent of his childhood and identified them by name

Sang spontaneously when songs from yesteryear were played especially if they were favourites of his

Interacted with other drama characters in a vivid, light-hearted and humorous manner during role play

Acted out chosen dramatic character realistically with appropriate expression and dialogue

Volunteered to lead group in shouting "Yam Seng!" (Cheers!) as a celebratory cheer to close programme at final session

### AFTER PROGRAMME

Appears generally more cheerful and approachable

Sits outside in communal area during the day

Initiates engagement and interaction with care staff and fellow residents in daily life

Has become open to participating in therapeutic interventions and social activities

Willing to share thoughts and feelings with art therapist

\* Kitwood, T. (1997). Dementia Reconsidered, the person comes first (2nd ed.). Buckingham: Open University Press



Role playing a nurse

Leading Tai Chi Club members at session



Enjoying the sunshine



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