



Going Virtual, Staying Creative

Our mission is to change lives through reminiscence, improving health and wellbeing. Our Goals

1. To reduce isolation and loneliness
2. To promote intergenerational understanding
3. To improve the quality of life and care for older people and those with dementia
4. To support carers to maintain their own health and wellbeing

- <https://www.youtube.com/watch?v=QyqzOqBDKmY>





A carers perspective

‘The four hours we spend at Age Exchange every week are the only hours I don’t feel responsible for everything that happens’.



Virtual Day Care

Stage one	Stage two	Stage three
Activity boxes	Visits	1:1 phone arts sessions
DVD's	Zoom groups	Volunteer befriending
Support Calls	Garden exercise groups	
Befriending	Face to face groups	
Newsletters		
Informal WhatsApp groups		

AGE EXCHANGE
ACTIVITY BOX 2
ARMCHAIR TRAVEL



TO:

BOX PACKED ON:

30/04/20

 age
exchange





A gift that comes with a connection and creates a connection

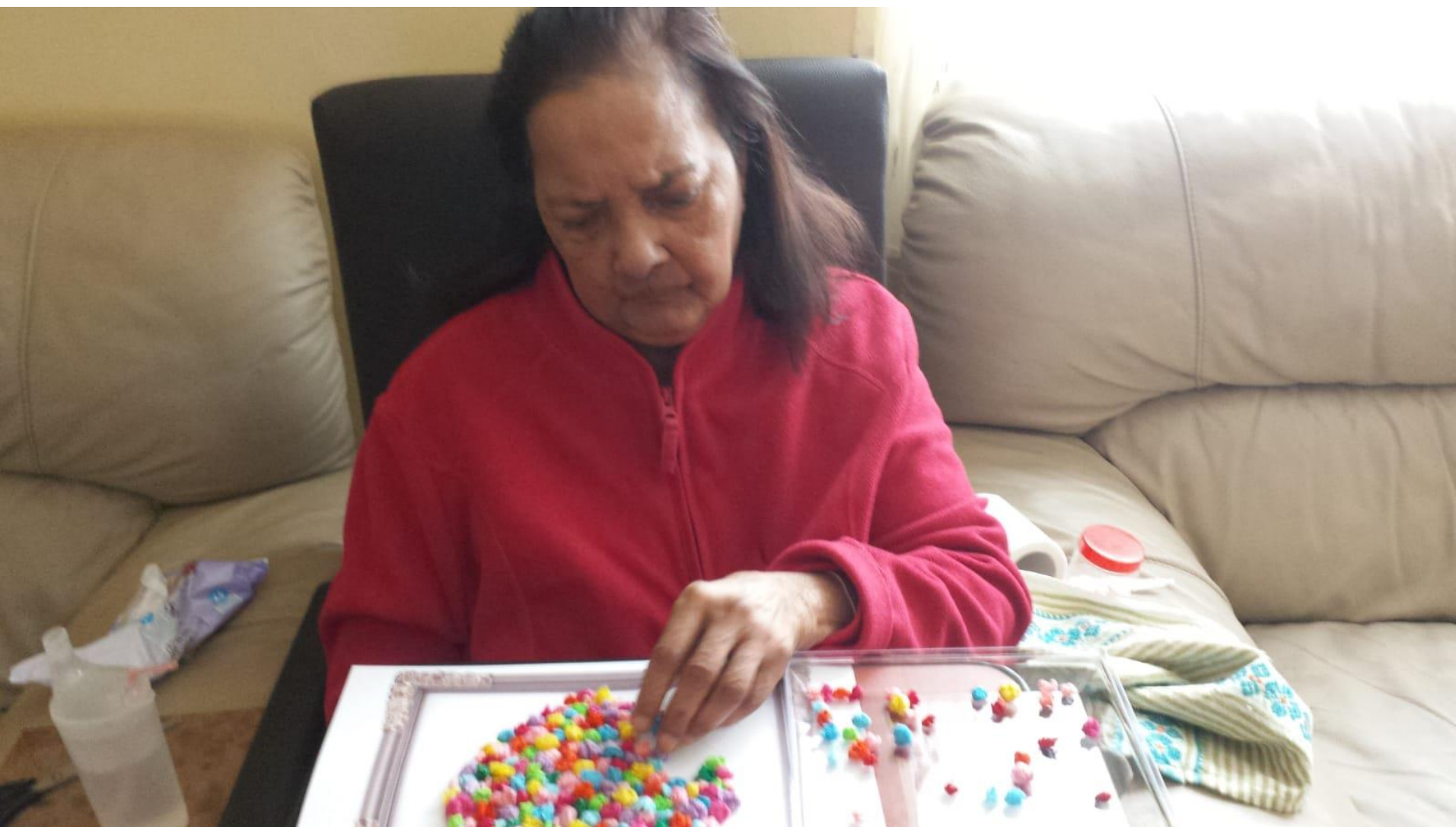


A gift that comes with a connection and creates a connection



‘The thought, imagination and work put into the contents was amazing. The quizzes unlocked many memories. Then followed Aga’s exercise DVD. Aga appeared with her cheery greeting and then it was get set, ready, go!’

Dan (carer)





 age
exchange



Virtual Art Gallery

When I look back, I feel my paintings have progressed and I have surprised myself that I have been capable of producing these paintings. Over the years I have always written about my thoughts and feelings, about my life's adversities, highs and lows and more recently, I have had the opportunity to revisit and explore this once again through fresh ideas developed in the activity boxes.

Vesna – K-Cafe

Virtual Art Gallery

- www.ageexchangegallery.org.uk

Challenges

- Carers' skills
- New referrals
- Risk assessments
- Variety
- Instruction writing
- Couples v solo's
- Admin and budgeting

Resources

Activity recipe card toolkit can be ordered on-line

<https://app.etapestry.com/cart/AgeExchange/default/item.php?ref=1202.0.296321063>

Reminiscence activity boxes and singing and movement DVDs are also available on-line

<https://app.etapestry.com/cart/AgeExchange/default/category.php?ref=1202.0.268911762>



How to use reminiscence in telephone support sessions
Using reminiscence as a tool in a virtual environment

<https://www.age-exchange.org.uk/what-we-do/training-and-products/>

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