

## **SUPPORTING THE PSYCHOSOCIAL FUNCTIONAL CAPACITY / mood / memory /social skills**

### **Group method**

### **WHAT MAKES LIFE WORTH LIVING**

#### **AIMS**

##### **Elderly**

- discusses with others
- enjoys company
- gets to know other people
- activates memory
- gets confidence in discussion

#### **METHOD / ACTIVITY**

##### **Instructions to the carer**

- cut a tree of the cardboard beforehand
- glue it on a big cardboard
- make beforehand leaves to the tree
- ask the elderly which are good things in life, what gets them to good mood, what helps in wellbeing and supports the functional capacity
- ask the elderly to write one thing at a time on a leaf
- glue the leaves together with the elderly to the tree
- put the tree on a wall for everyone to see

#### **TOOLS**

- cardboard
- scissors
- glue
- colour pencils / pens