

SILVER CONNECT

The art of telling stories to seniors



A group of seniors telling a Chinese folktale about perseverance as a team after having enjoyed the process of learning it.



Seniors engaging in a fun movement based activity.

Briefly About Lavanya

Lavanya Prasad has been instrumental in redefining the outlook of older adults through rejuvenating story based activities, workshops and discussions. Her Project "ROOTS" with seniors follows the person centered approach to building confidence in seniors by engaging them in fun learning thereby promoting growth. Lavanya has been associated with various community led platforms for seniors, NGOs, Senior citizen run podcast platforms etc by creating content, delivering talks, conducting workshops and helping seniors create family books as heirlooms.

Our Contact Info

Lavanya Prasad



<https://www.facebook.com/Taleoscope>
taleoscope.blr@gmail.com

Wong Swee Yean



Eruditestories..com
erudite.sweeyean@gmail.com

Briefly About Swee Yean

Swee Yean has been transforming the lives of older people through workshops on storytelling and story-making. She is a certified facilitator of Timeslips, and also trained in the person-centered approach to arts facilitation. She has been planning storytelling programmes for older persons including people with dementia to engage with artifacts from museums and to tell stories with confidence. Find out more about programmes at <https://linktr.ee/sweesilverprog>

What is the Person-Centered Approach?

The person-centered approach is about focusing on the needs of individuals. A storytelling facilitation that is person-centered ensures that the individual's needs are cared for using a framework made up of the social, personal, cognitive and cultural dimensions as he/she engages in storytelling activities. As storytellers, we tell stories to keep cultures alive and build connections amongst people and between people. We, therefore, are sensitive to the reactions of our participants and plan ahead in anticipation of their needs.

The Four Dimensions

Dr. Felicia Low, a scholar and an arts educator, developed research and wrote a pedagogical guide on Person-centered Arts Practices with Communities, with support from the National Arts Council, Singapore.
<https://www.personcenteredarts.com/>



Some Games & Activities



Improvisation & Theater Games

Happy Family,
 Freeze Frames,
 Chain story-making using Kamishibai,
 Action play improv game,
 Object Memory Game,
 Easy drawings using Alphabets and numbers,
 My tree has roots.



Storytelling Activities

Draw my hand,
 Draw-and-Tell A Story,
 Paper-Folding stories,
 Timeslips Pictures,
 Recipe Story/Song,
 Family Book,
 Reminiscence Through Pictures.





Reminiscence Topics

Childhood games, toys and pastimes

Festivals

Entertainment places and shows

Places to go to for leisure

Working life

School life

Family life and grandparents

Music & songs from childhood or traditional childhood rhymes

Music & songs from youth (pop culture)

Growing up in the past (housing, floods, fires, cleaning equipment)

Wartime

Food and recipes

Favourite smells (could be sauces, herbs, spices)