

# Workshop Reflection

Tuesday 7.2.2017

## Workshop in Metal Work Centre

### The techniques, materials, the product

(Difficulty level & suitability)

- more limited with older people, possibly need to prepare pieces for simpler workshop with just decorating
- techniques need agility & strength, eyesight, fine motor skills, strong grip
- dangerous work, possible to cut yourself, burn yourself, loud
- challenging though possibly fascinating for elderly, enjoy demonstration of technique
- not very communicative
- possibly good for men
- mostly good for elders who are not in the care homes and are really interested in doing this metalwork
- Important activity: a life skill from childhood, particularly for men. It is great for them to do something that is meaningful. This workshop was about jewellery, so maybe not so appropriate for men who enjoy traditional roles. Activities which employ forcing techniques, soldering etc. might enable men to regain their feelings of usefulness
- might be difficult for people with dementia because of the noise and the reliance on equipment which challenges dexterity

### The infrastructure

(Room, environment, equipment; the amount of staff and facilitators, the amount of participants)

- Group too big (in our training week workshop, not usual number in the real WS for elderly)
- space could have been used better as many stations were not used, materials only available in one place
- with older people have to be very thorough in preparation
- need more one to one attention and instruction, must be supported
- should have very small groups

- Lots of noise from work, ear protectors needed
- advice people to work in small groups would be good
- environment wasn't good: lack of air, size of the room and the paint smell

### The teaching/working methods & interaction

(Between facilitators & participants, interaction between the participants)

- would like to have proper instructions to what we are going to do today and steps of working
- not very clear or easy to get started, but ok once started
- need much more time with older people to try out tools and techniques
- would like to understand why you do different processes
- good support in problem solving, one to one help good
- feeling of freedom might be overwhelming for less confident participants
- suitable demonstration for us because we are independent and confident. Obviously, this would be different for less independent groups
- One of us felt uncertain about where to work, which work station or equipment or materials to use
- comforting to start with a structure to give guidance, but to choose activities which are open-ended to allow for choice and freedom

### Ideas for adapting similar approach in your own country

- not an easy one
- fully equipped workshop is necessary, the elderly would need to be taken to the workshop
- could be adapted to make a big collaborative piece
- making useful rather than decorative items. This might appeal more to men who enjoy and feel more comfortable in traditional gender roles.

### Other ideas, notions

- health and safety in the workshop was not addressed at the beginning
- no more than 8 people in a workshop, having around 25 was a one off occasion
- having areas which make people regain their feelings of usefulness, a work environment. Often there isn't enough space, or imagination in care settings to enable this. People are bubble-wrapped, settings are very risk averse