

**Activity:** TimeSlips Protocol

**Domain:** Cognitive

**Population:** Geriatrics

**Goal:** To improve cognitive abilities and increase stimulation

**Objective:** To allow clients to be creative with storytelling by replacing the pressure to remember with encouragement to imagine with clients who have dementia.

**Population:** Geriatrics/Dementia

**Group Size:**

5-10

**Materials:**

Wipe board or large flip board

Markers

Name tags

Pictures

TV, tablet, cord

**Optional Materials:**

Depending on which picture you use. Pick objects to enhance the senses

**Space:**

Find a space that is relatively quiet and without distractions.

Turn off the TV and radio.

Silence the phone.

Put the chairs in a semi-circle, leave space between them in case you need to move right next to someone in order to be heard.

Avoid sitting at tables, as tables signify eating or other activities. This should feel like a unique, special occasion.

**Time:**

15 minutes to ½ hour

**Description:**

- 1) Select an image ahead of time or have a client help you choose one. If using sensory items you will need to pick the image ahead of time along with sensory objects.
- 2) Introduce yourself: "My name is Tracy. I'm here to do some storytelling with you today, what do you think of that?", "It's great to see you Bill, are you ready for the storytelling? I'm excited!"
- 3) Ask open ended questions:
  - a) Where do you think this picture is taken place at?
  - b) How do you think they/he/she got there?
  - c) What should we name this person?
  - d) What do think is happening in this picture?
  - e) What does it smell like where they are at?
  - f) What would you feel?
- 4) Echo/Write down every response/gesture that is given
- 5) Retell the story every 4-5 answers
- 6) Thank the storytellers
  - a) Go around to all the participants and thank them for sharing the process

