



Quizzes in dementia groups

When we conducted our research in groups for people with living with dementia, we were surprised to find that everywhere that we visited put on quizzes. They were by far the most common activity that we came across. Quizzes can be a fun activity, and there is the advantage that they don't require a great deal of planning. However, because they rely on memory and recall, there are some things to bear in mind when putting on a quiz.

Many people living with dementia also told us that they enjoyed doing quizzes, but quizzes can be done in many different ways. The way you put on a quiz can be the difference between relaxing and fun, or being stressful; encouraging social interaction, or unintentionally leaving people out. So watch the video and reflect on how certain kinds of questions, group design, and the layout of the room all affect the interactions within the quiz. We hope you can also come up with your own ideas for creating your own kind of quiz!

On this video, you will see separate sections where you can: a) Listen to the views of people with dementia themselves; b) See re-enactments of scenes from quizzes that we saw in practice where things went well, and where there were some difficult moments; c) Use these tricky moments to reflect and create your own ways of doing quizzes; d) See how the Forget Me Not research group and their own ideas for doing quizzes in a different way

Based on the research from the 'Getting Things Changed' project, the Forget Me Nots have worked with Joe Webb, Val Williams, and Moore Lavan Films (www.moorelavanfilms.co.uk) to produce training videos which can be used by anyone who is interested in learning more about communication and dementia. 'Quizzes in dementia groups' is available by following the link to 'dementia talk' at: www.bristol.ac.uk/sps/gettingthingschanged.