



forget me not

February 2022 NEWSLETTER 1.



OUR BACKSTORY

From 2017 to 2019, the European Erasmus + project, FORGET ME NOT, brought together partners from 5 European Union countries (UK, Germany, Poland, Cyprus and France). It was aimed at older people and people with neuro-developmental diseases with cognitive impairment, their family carers and support professionals, with the objective of enabling them to deploy the benefits of reminiscence in their relationships.

Reminiscence mobilises the individual's landmark memories, thus stimulating their personal identity. The positive effects of these techniques have been studied since the 1960s.

The aim of this project was to **develop simple and user-friendly tools**, translated into 5 languages, that could be easily used by family members and relatives. In addition to family carers, FORGET ME NOT was also intended to be used by support professionals in all settings (**home/institutional**).

It was based on several ambitions:

- **The development of an online platform** to create dematerialised memory boxes containing text, images, videos and sounds referring to defining moments in a person's life.
- **The development of a diversified and freely accessible training programme** for both family carers and professionals, consisting of training modules, educational videos that specify the contexts of use, and a Webinar, facilitating discovery of the project.

The success of this initial work and the impact study carried out by a sociologist that followed, led two of the partners to propose a continuation of the project. **This is how FORGET ME NOT 2.0 was born.**

THE NEW PROJECT FMN 2.0

Its objectives are to:

- Make the Forget Me Not platform **accessible in 3 other languages**: Bulgarian, Danish and Spanish but also for people with accessibility difficulties.
- **Develop an interactive cognitive assessment tool** to establish recommendations for use that respect the preserved capacities of the people supported.



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- **Develop new training modules and additional resources** on the basic digital skills needed to use the platform in order to develop specific reminiscence activities both in the care setting and at home
- **Train resource persons** who can act as information relays and run workshops

All those involved in the project will jointly test the new developments and training resources with their local network and evaluate their impact in the short, medium and long term. They will also be responsible for disseminating the results to create an online network of expertise.

THE KICK-OFF BY VIDEOCONFERENCE AND THE NEXT STEPS

All the partners were to meet in Angoulême (France) on 13 and 14 January 2022. This meeting was held online due to covid restrictions. On the agenda: a presentation of the structures to get to know each other better, a reminder of the organisational methods, partners' tasks and the different phases of the project for the next two years.

The exchanges highlighted the experience and expertise of all involved in the project in a studious yet friendly atmosphere.



A face-to-face seminar will be held at the beginning of March in Zaragoza to train the new partners in the use of the platform and the training tools already developed.

Other transnational meetings will take place:

- In Greece, to finalise the new developments of the online resources and training materials; and to define an action plan for the test phase of the project.
- Then in Bulgaria, with the aim of a first intermediate evaluation based on the feedback from the partners. This meeting will provide an opportunity to discuss communication on the project, adapt the tools and prepare the plan for the exploitation of the work.
- The last partner meeting will take place in Denmark to work on the evaluation, the impact report, to take stock of the dissemination actions, to prepare the draft of the final report and to explore the possibilities of future collaboration.

Finally, before the end of the project, each partner will organise an information event with at least 30 stakeholders from the public and private health care sector.



MEET THE PROJECT TEAM

► The Union Départementale des Associations Familiales of Charente (France)

is an institution in charge of defending and representing the interests of all families. It brings together 61 family associations, i.e. more than 5000 families. It carries out political action at local level towards the public authorities. In response to its observations of families' needs, it also develops and manages numerous services and activities for them. For this project, it relies on the experience of the Grand Cognac hospitals and a doctor in sociology. **It is responsible for the coordination of the project and its implementation and dissemination strategy.**

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► edEUcation (United Kingdom)

Initiator of the Forget Me Not project, is a consultancy specialising in education with experience in international education programmes.

It is also qualified in the development of online tools and educational programmes for professionals. It is responsible for the various technical works especially in relation to **the evolution of the digital platform and the adaptation of tools to facilitate digital access.**

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► The University of Zaragoza (Spain)

is a public teaching and research institution with a constantly updated range of courses, with more than 30,000 students and 5,100 teachers and researchers. Thanks to the numerous agreements it has signed, it welcomes foreign students and involves its students and staff in various international exchange programmes. It teaches neuropsychology, psychopathology and gerontology and conducts research on dementia and caregiving. **It will develop online tutorials for new users of Forget Me Not.**

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► NGO FRODIZO (Greece)

is a member of the Greek Federation of Alzheimer's Disease and Related Disorders. It works with elderly people, dementia patients and formal / informal carers. It runs a day care centre for people with dementia in Patras, offers a home intervention program for families of these people and training seminars for carers. It also develops information and awareness-raising actions and online interventions. **It will develop interactive cognitive assessment tools.**

www.frodizo.gr





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► OJB «Shalom» (Bulgaria)

is a non-governmental organisation **with a strong social welfare system**. It works in the field of physical, mental and emotional health with more than 600 people in 18 regional structures across the country. Its team is composed of professionals: social workers, psychologists, art therapists and personal assistants looking after people in need. It also runs a day care centre for the elderly with daily activities. **It will create guide sheets to deploy the activity in different contexts:** individual and collective, at home and in institutions and according to the level of cognitive disorders.

www.shalom.bg



► SOSU Østjylland (Denmark)

is a school that provides basic education to more than 3000 students, the majority of whom are women, **in the field of social and health care**, at home and in institutions, for a wide range of people, elderly, children and adults. Students and staff participate in international mobilities and the institution has its own multimedia production unit. It is currently running various projects: Dementia, respect and respite; Approaching multiethnicity and dementia in education and work... **It is the quality manager for the project and will develop pedagogical approaches to train users.**

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Visit our website:
<https://projectforgetmenot.weebly.com>

Visit the Forget me not Platform:
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