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# #1 TACTILE MEMORIES AND #2 MOVING THROUGH TIME AND SPACE in Viborg

## Introduction to the location and our partners

Location:
The Viborg Museum has multiple locations in the Viborg Municipality. The museum researches and communicates 12,000 years of history from the Stone Age to the present day. Its collection includes 130,000 cultural-historical objects along with a large quantity of archival material.
In our project, we quickly decided that our AIDA activities would take place at the museum's storage facility and in public spaces. Both locations beautifully represent the collective memory space. At the storage facility, we could easily provide a calm and suitable space for the participants. For visits to public spaces, we gathered participants in the reading room of the local history archive.
The two museum employees involved in the activities are individuals with many years of experience in communication and guided tours for all age groups and target audiences.

Partners:
We collaborated with the Dementia Unit Liselund and the day care center Æblegården in the healthcare field, and on the technical side, TUCV - Test and Development Center for Welfare Technology - became our partner. The healthcare partners are responsible on a daily basis for a significant municipal task of advising and engaging citizens with various types of dementia, including Alzheimer's. Both places have many years of experience specifically in this field. TUCV has extensive experience in developing new aids for the healthcare system of the Central Denmark Region.
The healthcare professionals have conducted the pre-evaluation of the citizens, the semi-structured interviews, and VAS scores during all citizen visits to us. All three elements are tasks they have many years of experience in executing. TUCV has been the technical backup for the project and has conducted video interviews with participants, which will be used at our multiplier event, and they are also hosting this event.
https://www.tucv.dk/
https://aktiviteten.viborg.dk/aktiviteter-og-tilbud/aeblegaardens-aktivitetstilbud/
https://demensenhedenviborg.viborg.dk/

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AIDA

## Group 1 – TACTILE MEMORIES – first visit:

There were 10 participants in the activities - 5 individuals with Alzheimer's and 5 caregivers. It was an appropriate number. We were able to listen to everyone's stories and narratives and still manage to conduct the entire event in about 2 hours.

We had some challenges regarding maintaining warmth at the museum's storage facility, but by the second visit, we had a bit more control over the heating. We served coffee and pastries during the meeting. This helped create a cozy and informal atmosphere where it was permissible to talk about whatever one felt like discussing.

Through a brief walk around the storage facility, the group gained insight into the type of items the museum preserves. At the table where we sat, the museum showcased items from the collection, delving particularly deeply into their histories. The two hours were thus spent illustrating how the items in the storage facility are like pieces in a vast collective memory of life in Viborg in days gone by.

## Group 1 – TACTILE MEMORIES – first visit:

We were pleased that in the AIDA group, we had gathered at the museum's storage facility once before the actual program began.
This allowed all the AIDA partners to familiarize themselves with the location and understand how we were going to utilize the space.

We were also pleased that, despite everything, we didn't have more participants. It was a challenge, especially for one participant, to hear what was being said. It wouldn't have been any easier if we had more people.

Despite the challenges of heating the place, we were glad we chose the museum's storage facility as the location. The participants were very overwhelmed to see and experience this place, which is not normally open to the public.

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## Group 1 – 2. and 3. visit:

During the second visit, the participants brought items from their own homes. They took turns showcasing their items and shared stories about them. We discussed how these items carried a part of their history, just as the items in the museum's collection carry the history of Viborg.

For the third visit, the museum staff had selected items from the museum's collection that could resonate with their personal stories. For instance, they displayed a plastic shopping bag from the sports store that one of the participants had once frequented. We discussed how the museum's collection contains items that tell stories about their lives

## Group 1 Learnings:

It would have been advantageous if the participants had been informed when they signed up that they should bring an item from home during the second visit. This might have alleviated some worry about whether they could find something suitable at home.

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## Group 2 Moving through time and space – 1. visit

There were 10 participants in the activities - 5 individuals with Alzheimer's and 5 caregivers. It was an appropriate number.
The museum facilitator welcomed the participants in a cozy room at the museum. The city walks: on routes with quiet surroundings, away from the noise and bustle of the city.

The "triggers" used on all three city walks were based on everyday life, which corresponded with the participants' adolescence. At each stop, the museum facilitator told a small everyday story that participants could relate to. Each story was supported by a laminated photo in A3 format. After the city walk, the activity took place around a cozy coffee table. This helped create an informal atmosphere where it was permissible to talk about whatever one felt like. Participants were encouraged to bring an object to the next visits that represented a memory for them personally.

## Group 2 – Comments from all three visits

The people with dementia and their relatives are relieved to be together in an activity where illness is forgotten for a while. We (care staff) want to find our memory box at the care center, it can really do something good for the well-being.

The city walks evoke many memories for the participants, and it is great to see that the couples talk together about good memories.

One of the couples was sorrowful when they arrived, but during the city walk and during coffee, their smiles returned.

I remember it as if it were yesterday. I helped my father early in the morning milking the cows and mucking out the horse box. We had Jersey cows. On Saturdays we bought goods right here in the square. The lady selling fish in the picture (photo brought on the city walk) had many customers, because she was always happy.

We would love to come again do you do more city walks?

It was great

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# Group 2 – 2. and 3. visit

City walk number two and three was designed like the first, but with different stories and photographs.

On the second and third visits, some of the participants had brought personal items and told, about the memories that the items represented.

## Learnings

We could have spent more time looking at their own pictures to get their on memory activated. But they enjoyed the tours and the general history of Viborg so much that we kept the focus on that.

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## Challenges:

It was a challenge to plan the collaboration between the museum and the healthcare department. Our working hours and our work culture are far from alike.

It was also a challenge to ensure that the physical environments where we were to receive the citizens were in order

We were not allowed to take pictures of the participants. That made it a bit hard to take pictures at all, and there for to document the events.

## Solutions:

After some time, we managed to synchronize our working hours a bit better and scheduled the meeting early in the morning before the healthcare professionals received visitors at the institution.

The project participants arrived well in advance at the locations and laid out a shared plan for how we could optimize the spaces

We tried to take pictures just of hands, things and ourselves to document the events.

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