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Age on stage: Educational and inclusive pathway for elderly transforming their life through the theatre of memories

The Age on stage project aimed at using theatre arts, as a tool to combat social exclusion and isolation as well as stimulating active citizen participation among elderly people and make them feel part of an inclusive Europe. Drama therapy for seniors, increases mental acuity, enhances the elderly's relationships with those around them, bolsters self-esteem, and is just plain fun.

The Age on stage project had the objective to develop a Theatre pathway focused on life Stories of seniors participants. It introduced acting and presentation skills to help older people shape their memories into stories culminating in a public performance for peers and others in the community. Educators encouraged participants to recall sometimes rare memories stirred by a common item, such as a thimble, or a question such as "Can you describe the first kitchen you ever remember eating in? Do you remember the first time you used remote control for television?" The pathway is developed on paper and on line, it can also be transferred and exploited by different vulnerable targets like migrants, unemployed, returners to the labour market, offenders/ex-offenders, etc.

[HOME \(ageonstage.eu\)](http://ageonstage.eu)

<https://ageonstage.eu>

Overall, we seen the Age on stage project aims of using theatre arts, as a motivational process to help reduce and prevent social exclusion and isolation as well as stimulating active citizen and the participation among elderly people, to make them feel and become an active part of a more inclusive Europe. We felt that the use of drama therapy for seniors helped increase mental acuity, and enhanced the elderly's relationships with those around them, bolster their self-esteem, and brought communities together through the fun of drama.

Activities

The main activities of the project were:

1. Development of a 100-hour common theatre pathway to involve elderly and help them to exit isolation, exclusion and feeling active citizens again.
2. A pathway into a virtual dedicated web portal, which included the curriculum, graphics and videos, interactive material. The modules developed were 4 (3*20 hours and 1*40 hours).
4. A short staff training to train trainers on the use of the web portal in connection with the pathway: Result: certification of skills and competences acquired.
5. Piloting the curriculum with seniors in France Italy, Spain, UK, Poland.
6. The development of a learning activity for seniors widely available within a Web portal.
7. Writing of a pièce called "life stories" Performed by the elderly
8. Dissemination the project by using the web site, the brochures and dissemination meetings in each country.

9. The development of an evaluation and quality control plan, which allowed the evaluation and monitoring of the activities

10. The development of a dedicated logo and web site

Results: The final results of the Age On Stage project were:

- An attractive and professional pathway of training on both paper and online through the project Age On Stage EdApp
- 4 new training curriculum aimed at supporting motivation and confidence building (3*20 hours, 1*40 hours)
- A project website to host all the project resources and access to the EdApp
- Dissemination materials promoting the project activities
- Project evaluation reports

Full Resources are available through the project website:

<https://ageonstage.eu>

Project Partners



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Project dates 1st December 2020 to 31st of January 2023
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ERASMUS + “Age on Stage” PROJECT No. 2020-1-FR01- KA204-270133D1

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