

# MAKING CONNECTIONS



 **THE TREASURE WE SEEK**   
  Feeling connected with people living with later stage dementia  



## About the Resource

Making Connections is one of a number of resources, collectively called 'Valuables' which have been developed on the theme of connecting with people with later stage dementia.

The 'Valuables' resources have been created to invite people to consider how - or if - they think about the connections that are possible with people with later stage dementia. They have been designed for people who may not have had a previous experience of being around people with later stage dementia, but anyone can use them.

This resource takes you through an activity where you use your imagination to create images of what 'making connections' looks and feels like for you. It is not specific to connecting with people with later stage dementia; it relates to making connections with people in your everyday life.

*"But I'm not creative/artistic/imaginative"* - this exercise is for you. You don't have to share what you create with anyone else. As long as you can draw squiggles you can do this activity. You will need a pen/pencil and some paper.

For more information about this project and the other resources visit [www.thetreasureweseek.net](http://www.thetreasureweseek.net)



## Purpose

When we think about connecting with people, be it face-to-face or online, we might tend to think about our verbal communication; the conversations we have. A significant number of people with later stage dementia tend not to be able to communicate using verbal language.

This resource hopes to spark your imagination by inviting you to pause and think about images and ideas for making connection, that go beyond connecting through words alone.

## How to use

There are four steps to this experiment:

- 1) Spark the Imagination with Words
- 2) Spark the Imagination with Questions
- 3) Spark the Imagination with Images
- 4) Take-Aways

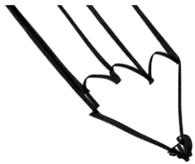
Please work through each step in turn.

# SPARKING YOUR IMAGINATION WITH WORDS

Here are some of the things the dictionary says about the word 'connection'. Notice if any of the descriptions or ideas speak to you.

Jot down some notes if there is anything you would like to add to or change about these descriptions and ideas.

Suggested time: 3 mins



- Being connected
- Anything that connects things
- A relationship
- An association

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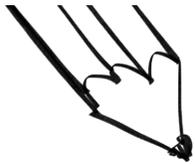
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# SPARKING YOUR IMAGINATION WITH QUESTIONS

Here are some questions about 'connection'. You don't have to answer these questions, they are there to spark your imagination. See if there's any that stir your interest.

Jot down at the bottom if there is anything that comes to mind for you after reading these questions.

Suggested time: 3 mins



- Do you need to make contact to make a connection?
- Can connections exist in the atmosphere?
- Do connections need to be felt by two or more people at the same time?
- Do connections have different pressures and weights?
- Are spiritual connections something you feel?

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# SPARKING YOUR IMAGINATION WITH IMAGES

These abstract images offer representations of how connections can look and feel like. Have a look through and see if any of the images jump out at you.

Jot down at the bottom if anything about 'making connection' has come to mind for you while looking at these images.

Suggested time: 3 mins



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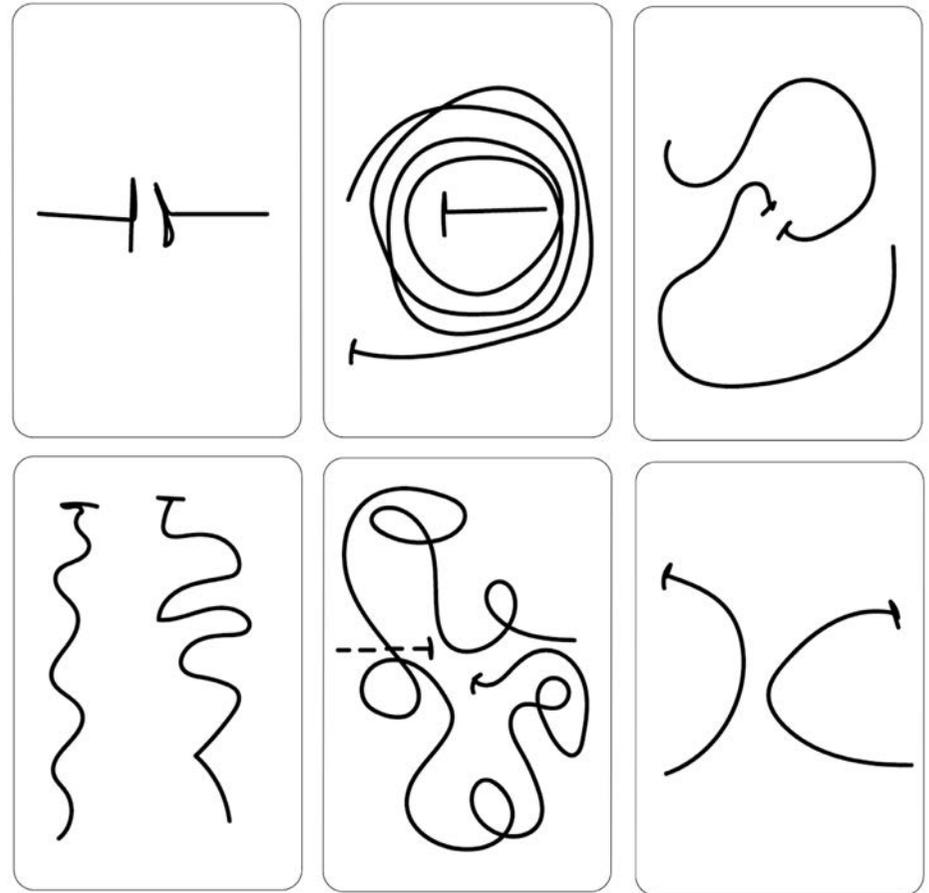
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# SPARKING YOUR IMAGINATION WITH IMAGES



Think of three connections you've been part of recently:

- 1) one you enjoyed,
- 2) one you avoided,
- 3) one which surprised you..

Draw any type of image you like which conveys what each connection looks like. Is there a word(s) you would use to describe the connection? Write those below your image. You may want to return to your notes for ideas and inspiration.

Suggested time: 10 mins

A large, empty rounded rectangular box with a thin black border, intended for drawing an image related to the first connection.A large, empty rounded rectangular box with a thin black border, intended for drawing an image related to the second connection.A large, empty rounded rectangular box with a thin black border, intended for drawing an image related to the third connection.

## TAKE AWAYS

After creating your images of recent connections,  
what are you taking away from doing this activity?

Has it left you with any new or different ideas or  
questions in relation to making connections?

Suggested time: 5 mins

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