



This leaflet was created by
The Crystal Project. The Crystal Project
is a community dementia project
involving collaboration between the HSE,
The Alzheimer Society of Ireland,
The Carers Association,
families affected by dementia,
UCC, local community groups
and GPs.

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Forum Theatre

The Forum Theatre

The Crystal Project, along with two talented actors has developed a short series of acts. These acts explore daily interactions between people with dementia and their carers, using Forum Theatre, an interactive educational technique. Due to its popularity, The Crystal Project is delighted to be able to offer this innovative and creative approach to those who wish to learn more about dementia.

What is Forum Theatre?

Forum theatre is a form of interactive theatre developed by the late Brazilian theatre director, Augusto Boal in the 1970s. In Forum Theatre, an audience is shown a short play in which a central character (in this case, a carer) encounters a difficulty with another person (in this case, a person with dementia) which s/he is unable to overcome. The audience are then asked to think about and discuss what they have seen. They can then take to the stage to act out alternative paths and decisions.

Forum Theatre and Dementia

The acts show everyday situations that may occur for a person with dementia and their carer eg. eating in a restaurant or getting ready for bed. Each act shows the person with dementia becoming increasingly confused and agitated and the carer becoming more annoyed and consumed by the pressure of caring. Through interaction with the audience, different options for dealing with the issues shown are explored. The aim is not to discover the ideal solution, but to encourage the audience to reflect on the situations and try different strategies for dealing with them. It is hoped that this new perspective will be transferred to real life caring situations.

What Do We Offer?

The Crystal Project will arrange for their theatre group to come and perform in a location of your choice. The group consists of a trained facilitator and two actors and each session takes between 1½ - 2 hours. Warm ups, three acts, reflection, discussion and audience participation is included in this time. Acts are tailored to meet the needs of the audience eg. for those working in care homes, or for businesses.

Who Would Find it Useful

This form of learning is useful for family carers or anyone who works directly with people with dementia. It is also useful for businesses, schools, universities or any organisations who wish to become more dementia aware.

What Costs are Involved?

Fees are calculated on case by case basis as time and travel expenses will vary.

For more information contact: Dr Cormac Sheehan, Tel: 085 1338782 or email: info@crystalproject.ie

Testimonials

'I found the interactions between the actors and audience very informative.' - Family Carer

'The evening flew!' - Family Carer

'It was really helpful to hear the different ways others would deal with the situation.' - Day Care Manager

