

# **Reflections on RYCTT groups in Muistojen Talo, (The House of Memories) in Kotka 2012 - 2014**



The RYCTT groups have been  
12 persons, 6 family- carers  
and 6 people living with  
memory difficulties



**RTRT group will continue in  
September 2014 , gathering  
once a month**

**Leonie Hohenthal-Antin and  
Varpu Vistala will continue as  
instructors**

- **The wishes and views of family carers are also taken into account in the selection of themes**

- **The seasons, anniversaries, holidays, current events / reflecting individual memories**

- **Humour**



- **Moving outside of the house; visits to Katarina Sea Park : bowling and trips; playful competitions such us betanque, crocheting, mölkkypeli**



- **Exhibitions in The House of Memories also serve as a memory trigger**





**•Working together has proved to strengthen friendship between family caregivers**



- **Refreshments and baked pastries are also served according to the theme**
- **Common agreement on the content and timing of the next session**



# Themes relating to well-known songs and poems





**There is a perceived  
common shared  
moments of joy**

- **We have also shared feelings of sorrow and bereavement**







**“It is like winning in a lottery being in the RYCT project”.**