

# VIVALO

TRAINING FOR CARERS

IDEATION FOR RESIDENTS

meeting the social and emotional needs for diverse groups

*'When carers contribute to the physical and mental well-being of residents, facilities score better on their inspections'*



# OVERVIEW

With fifty years experience of working in the field of care and education. Vivalo provides the training needed by staff who are committed to enhancing the quality of life enjoyed by people in their care. Emphasis will be put on meeting social and emotional needs and the increase of self-esteem.

We see the training as a supportive exercise, giving encouragement to staff to enhance the skills they often undervalue in themselves. We believe that by working with care organisations we can help to increase staff motivation and skills complementing the work of the employer.

Vivalo provides training sessions for carers in all sections of the community. The sessions will cover areas including; daily living skills, expressive art and craft, movement, life history work, music, drama, accessing community facilities and massage. The service may be bought as a programme of 15 hours, i.e. 5 sessions or by individual sessions of 3 hours each, according to need.



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# WE ACHIEVE

Vivalo aims to improve the confidence and competence of staff and the well being of clients. We currently offer a range of training sessions for carers working throughout the care sector. The workshop sessions aim to develop skills to help facilitate activities needed to stimulate and engage residents. The activities provide an opportunity to work in pairs or in groups to develop self awareness, awareness of others, confidence building, interpersonal communication bringing fun and enrichment to people's lives.

To nourish aliveness in both residents and staff.

To address an often underestimated area of work.

To increase engagement with residents using a variety of strategies.

To encourage communication between residents and staff in a group setting.

To support staff, respecting their personal values and experience.



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# WORKSHOP

Creative activities offer a means of self-expression. Sound, movement, space, light, colour and texture give people ways of remembering and communicating their feelings.

Since there are no right or wrong ways of 'creating' there are no opportunities for failure, thereby raising client's self-confidence and self-esteem.

Creative activities provide practical opportunities through which clients explore and develop their values and viewpoints whatever their age, developmental stage, mental health or cultural origin.

Physical activities offer a way to enjoy movement and music in a way that is comfortable, seated, standing or lying flat, each person working to their own ability.

The activities provide an opportunity to work individually, in pairs or in groups thus encouraging self awareness, awareness of others, building self esteem and FUN.

Music and rhythm is used as a tool for developing positive mental health and an aid to relaxation, thus relieving stressful feelings.

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## Session 1

COMMUNICATION

Introduction to the course

Participants commit to a choice of subject for the following sessions. ;

## Session 2

OPTION A : MUSIC & MASSAGE (FT)

OPTION B : DAILY LIVING SKILLS (PQ)

## Session 3

OPTION A : EXPRESSIVE ART (FT)

OPTION B : CRAFT & MOVEMENT (PQ)

## Session 4

LIFE HISTORY in images, writing or audio tape

## Session 5

OPTION A : DRAMA GAMES (FT)

OPTION B : ACCESSING COMMUNITY FACILITIES (PQ)



# CONTACT US

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