

Creating a space for reminiscing in Myllypuro Comprehensive Centre

Culture and Wellbeing Innovation Project, Spring 2015

Our project goals

The task for our project was to recreate a room in the comprehensive center in Myllypuro to support the reminiscing process of the elderly residents. Our goal was therefore to create a space for residents, relatives and staff to meet, socialize and participate in the reminiscing therapy.



Background

According to research on reminiscence therapy, the overall ambience of a room can either foster or impede the positive outcome of reminiscing processes and the well-being of the elderly clients (Dementia Centre, n.d.).

Based on this knowledge, our group planned and implemented a new outlook for the walls and a colour scheme for the reminiscing room in the Myllypuro comprehensive center. By creating this new, friendly environment we want to promote feelings of confidence, serenity and comfort within the elderly people.

Outcomes of the project:

- Curtains, pillows and blankets specifically designed and manufactured for the purpose and chosen according to the set colour scheme create a warm and welcoming atmosphere.
- Wall papers with the look of light wood panels on one of the walls contribute to the homely flair in the room.
- Wall stickers with nature subjects inspire visitors to pause for a moment, listen to the silence and reflect on their inner selves while gaining thereby new energy and better well-being.
- Picture frames decorated with colourful fabric patches with printings reminding of the fashion of the 60s and 70s resurrect old memories and invite to ponder on old days.



Reference
DSDC, The Dementia Centre, n.d. "The importance of design", Available online on the homepage of the institution.

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