

# Culture as a treatment

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It is proved that cultural activities stimulate and help elderly people in their everyday life. A project established under The Nordplus Adult Learning Programme is an example of how networking can be used to implement cultural activities as a form of treatment in elder care.

The project "

*Kultur i vården - utvecklingsprojekt inom den nordiska äldreomsorgen*" started as a one-year network project in 2006 with 11 participating organisations from Sweden, Norway and Finland and was later transformed into a two-year development project. The aims of the project are to create educational modules for implementing cultural activities in adult education and to establish long term cooperation with project partners. The project takes various forms of cultural activities, such as music, handicraft and literature into use as treatments that stimulate memory. Involvement in the programme allows the partners to experience different cultures as well as to develop educational modules. The organisations involved are various care institutions and organisations and the network is coordinated by the Swedish Vocational Institute in Finland.



Nordplus  
Adult Learning  
project  
implements  
cultural  
activities in  
the Nordic  
care sector.  
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