

Program 1

Session 2



Social-relational dimension

Stimulation of communication, social interaction, sense of belonging and meaningful relationships.

Presentation



Through a video featuring images with a **low level of movement**, a brief initial introduction is carried out, including a warm greeting and simple questions, such as asking what participants have done during the day. Gradually, the message guides the person to feel **welcomed and safe**, facilitating orientation and understanding of where they are and what they are doing in that space. This gradual accompaniment promotes an experience of **calm, trust, and presence**, preparing the person for the intervention in a respectful and non-invasive manner.

Immersion



Following the initial presentation, a **smooth transition** is made to a second audiovisual content with a **higher level of movement**. In a gradual and respectful manner, the person is introduced into the dynamic to be activated, progressively increasing visual and sensory stimulation.

This controlled shift supports the **activation of sensory receptors**, attention, and engagement with the experience, preparing the individual to participate more actively, always within an environment perceived as safe and comfortable.

Activation 1



Stimulation of social interaction, reactivation of relational memories, motivation for communication, and strengthening of group bonds through the observation of joyful social situations.

Main therapeutic objective

To promote the activation of social memory, group interaction, verbal and non-verbal communication, and a sense of belonging through the observation of a positive social event.

Description of the video

The video shows **children dancing together** in a group, including:

- **Joyful and coordinated movements** that convey dynamism and vitality.
- **Scenes of social interaction**, such as smiles, gestures of complicity, and collaboration.
- **Elements that evoke familiar memories**, celebrations, and past social events.
- A positive and participatory atmosphere, ideal for encouraging dialogue, laughter, and group commentary.

These elements allow socialisation, communication, and group cohesion to be addressed in an integrated way.

Social-relational aspects to observe

Reactivation of social memories

- Evocation of family experiences and past celebrations.
- Reinforcement of social memory and relational identity.
- Strengthening of the sense of belonging and continuity within personal life history.

Motivation for interaction

- Stimulation of spontaneous dialogue among participants.
- Promotion of verbal and non-verbal communication, humour, and expressiveness.
- Encouragement of active participation in the group dynamic.

Fostering a sense of community

- Enhancement of social cohesion through shared viewing.
- Generation of shared comments, laughter, and common memories.
- Strengthening of affective bonds and a sense of group unity.

Guiding questions for working on the social-relational dimension

Reactivating social memories

- “Does this remind you of a family celebration or a party with your children or grandchildren?”
- “Do you remember a time when you danced or enjoyed music with other people?”

Motivating interaction

- “Which movement of the children do you like most, and why?”
- “How do you think you would react if you were dancing with them?”

Fostering a sense of community

- “What comments or memories can you share with the group about what you see?”
- “Which part of the scene makes you smile or laugh together with others?”

Suggested complementary activities

- **Group dialogue:** sharing family memories and similar social moments.
- **Body expression:** accompanying the music with gentle movements or gestures.
- **Imitation dynamics:** repeating some of the observed dance steps.
- **Group commentary:** describing scenes and emotions, encouraging social interaction.
- **Reminiscence activities:** narrating stories related to celebrations, parties, or social gatherings.

Expected responses in older adults

- Reactivation of social and family memories.
- Increased verbal and non-verbal communication.
- Improved sense of belonging and group cohesion.
- Emergence of positive emotions such as joy, enthusiasm, and affective connection.
- Greater willingness to participate in group activities and social dynamics.

Adaptations according to cognitive level

Mild cognitive impairment:

- Concrete questions about observed actions or gestures.
- Encouragement of simple, easily evoked memories.

Moderate cognitive impairment:

- Limiting observation to a small group of children or a single dance.
- Offering guided response options (e.g., “Which part do you like most: arms, feet, smiles?”).

Older adults without cognitive impairment:

- Facilitating full discussion of scenes and more complex family memories.
- Promoting analysis of interactions, expressions, and shared emotions.

Activation 2



Stimulation of social interaction, evocation of bonds, emotional expression, and sense of community through the observation of a familiar and affective social environment.

Main therapeutic objective

To promote the reactivation of social memory, group cohesion, emotional expression, and interactive participation within a safe and stimulating environment.

Description of the video

The video shows **people interacting in a bar or café setting**, including:

- **Everyday conversations and gestures**, such as toasting, laughing, or greeting.
- **A warm and welcoming atmosphere** that recreates a familiar social environment.
- **Evocative elements** such as drinks, tables, background music, and typical bar or café décor.
- **Situations that generate interaction**, encouraging comments, memories, and group dialogue.

These elements support work on socialisation, emotional expression, and group cohesion.

Social-relational aspects to observe

Evocation of memories and bonds

- Recalling past experiences in bars, cafés, or social gatherings.
- Reinforcement of social memory and sense of belonging.
- Support for relational identity and affective continuity.

Stimulation of social interaction

- Promotion of verbal and non-verbal communication within the group.
- Creation of opportunities to share stories, anecdotes, and emotions.
- Facilitation of empathy through discussion of emotions and thoughts observed in the scene.

Fostering a sense of community

- Creation of a relaxed and positive group climate.
- Encouragement of social cohesion and active participation in collective dynamics.
- Reinforcement of social motivation and relational well-being.

Guiding questions for working on the emotional dimension

Evocation of memories and bonds

- “Do you remember a café or bar you used to visit?”
- “What moments or people come to mind when you watch this scene?”

Social interaction

- “What do you think the people in the video are feeling or thinking?”
- “How would you react if you were sharing time with them?”

Fostering a sense of community

- “Share with the group a fun or meaningful experience you’ve had in a bar or café.”
- “Which actions or gestures make you feel most connected to others?”

Suggested complementary activities

- **Group dialogue:** exchanging anecdotes and experiences related to bars or cafés.
- **Empathy exercises:** commenting on emotions observed in the characters in the video.
- **Reminiscence dynamics:** recalling family gatherings, friendships, or past celebrations.
- **Verbal and gestural expression:** narrating personal stories or gestures related to the scene.
- **Creation of small debates or role-play activities:** imagining conversations or situations in the bar.

Expected responses in older adults

- Reactivation of social and affective memories.
- Increased communication and emotional expression.
- Improved group cohesion and sense of belonging.
- Emergence of positive emotions such as well-being, joy, or affectionate nostalgia.
- Motivation to participate in social and recreational activities.

Adaptations according to cognitive level

Mild cognitive impairment:

- Simple questions about specific people or gestures in the scene.
- Recalling recent and easily evoked experiences.

Moderate cognitive impairment:

- Observing short video fragments.
- Offering guided response options (e.g., “smiling / talking / toasting”).

Older adults without cognitive impairment:

- Facilitating comprehensive analysis of interactions, gestures, and social context.
- Promoting detailed discussion of shared memories, emotions, and experiences.

Relaxation



Once the main activity has concluded, a **transition and closing phase** begins, designed to support the individual in a gradual, contained, and respectful manner. During this stage, **simple evaluative questions** are introduced to facilitate expression of how the activity was experienced and what sensations, emotions, or perceptions it generated.

This closing phase is **supported by audiovisual material with soft, relaxing music** and harmonious, gently moving images, which facilitate the integration of the experience, promote calm, and encourage a conscious and positive conclusion to the immersive journey.