

THE PARTNERSHIP

Alzheimer Hellas (Greece)
www.alzheimer-hellas.gr

Anziani e non solo (Italy)
www.anzianienonsolo.it

Asociación Familiares
Alzheimer Valencia (Spain)
www.afav.org

Spominčica – Alzheimer Slovenija
– Slovensko združenje za pomoč pri
demenci (Slovenia)
www.spomincica.si

Klinika za psihijatriju Vrapče (Croatia)
www.bolnica-vrapce.hr

follow: [#songs4care](https://twitter.com/songs4care)

INCREASE OF POSITIVE EMOTIONS
AND REDUCTION OF STRESS

MANY PEOPLE WITH COGNITIVE DECLINE
SUFFER FROM DEPRESSION OR STRESS
DISORDER

THE SELECTED SONGS WILL REDUCE STRESS
BOTH THROUGH THE CALMING MUSIC,
AND THROUGH THE LYRICS THAT CONVEY POSITIVE
MESSAGES AND EMOTIONS.



LEARN ENGLISH BY SINGING

2020-1-EL01-KA204-078922

This publication related to the Project made by the beneficiaries jointly or individually in any form and using any means, shall indicate that it reflects only the author's view and that the National Agency and the European Commission are not responsible for any use that may be made of the information it contains.



Co-funded by the
Erasmus+ Programme
of the European Union



ENGLISH LESSONS WITH THE
USE OF SONGS FOR PEOPLE
WITH MILD COGNITIVE IMPAIRMENT

www.songsforcare.eu



THE PROJECT

E.L.SO.MC.I is an Erasmus+ project which aims at teaching English to people with mild cognitive impairment (MCI) using songs as a main tool.

People suffering from MCI need to improve their cognitive abilities in order to avoid the deterioration of their condition. Learning a foreign language is a good way for cognitive enhancement. However, since these people have memory deficits and lack of attention abilities, conventional teaching method cannot be used.

The use of songs in foreign language lessons is proved to be a very good technique for more effective acquisition of the language while also improving well-being and relaxation.

A PROJECT FOR PEOPLE WITH MCI AIMING TO:

1. Improve patients' cognitive functions.
2. Support the teaching process through the use of songs.
3. Reduce stress and increase positive emotions.
4. Improve participants' socialization and sense of belonging to a group.
5. Prevent from Alzheimer's disease.
6. Familiarise learners with English language using phrases related to communication and verbal expression
7. Improve learners' vocabulary, grammar, syntax and other aspects of English language through a pleasant learning process.

OUR METHODOLOGY

We will create an innovative workshop methodology, a Methodological Guide and a e-Learning course for professionals.

The methodology of this educational program is based on innovative teaching approaches placing great emphasis on:

- verbal communication
- creation of a positive environment in class
- stress reduction and step by step learning methodology
- foreign language learning in a natural and pleasant way.

