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

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LEARN BY SINGING: TEACHING ENGLISH TO PEOPLE WITH MILD COGNITIVE IMPAIRMENT USING SONGS

The Erasmus+ funded “E.L.SO.MC.I” Programme is pleased to launch its new platform www.songsforcare.eu. The website will deliver the aims of a trans-national project designed to promote an educational curriculum based on innovative teaching approaches.

E.L.SO.MC.I IS DESIGNED FOR PEOPLE LIVING WITH MILD COGNITIVE IMPAIRMENT WITH USE OF A METHODOLOGY WHICH IS AIMED AT IMPROVING THEIR COGNITIVE ABILITIES IN ORDER TO AVOID THE DETERIORATION OF THEIR CONDITION.

The project officially started on December 2020 and will be experimented and implemented in 5 partner countries including Greece, Italy, Croatia, Spain and Slovenia. Alzheimer Hellas (Greece) is acting as the coordinator.

Mild cognitive impairment can be considered a preclinical phase, MCI has a progression to dementia that reaches 25.2% in people over 60 years of age, a percentage that increases with age and suggests a relationship with the level of education and cognitive reserve. Many scientific studies point to intervention in modifiable factors to prevent progression to dementia.

Learning a foreign language is a good way for cognitive enhancement. However, since these people have deficits in their memory and attention abilities, it is not very easy for them to learn a foreign language through a conventional teaching method.

To address cognitive issues and learning barriers, the project promotes innovative approaches that stimulate and help patients to remember more easily since the use of songs is proved to be a very good technique for more effective acquisition of a foreign language.



WWW.SONGSFORCARE.EU



Alexandra Christakidou (Alzheimer Hellas), expert in Theoretical and Applied Linguistics said: *I have used this methodology for 10 years. I had to develop it because my students were adults, and their memory was not very strong. I have also applied it in a pilot study in Alzheimer Hellas with very good results. I borrowed some elements from existing innovative methods and approaches and made a combination. What started as an experiment turned out to be a very dynamic approach of foreign language acquisition. The learners loved participating in the lessons, they learnt new vocabulary, useful phrases for communication and constructed an optimistic view of life.*

THROUGH THE CREATION OF AN INNOVATIVE WORKSHOP METHODOLOGY, A METHODOLOGICAL GUIDE AND AN E-LEARNING COURSE FOR PROFESSIONALS, THIS PROJECT AIMS TO:

1. Improve participants' 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 participants with English language using phrases related to communication and verbal expression
7. Improve participants' vocabulary, grammar, syntax and other aspects of English language through a pleasant learning process.

The programme is delivered in partnership with 5 European partners namely:

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

NOTE TO EDITORS:

- Project leaflets are available in English, Greek, Spanish, Italian, Croatian and Slovenian: <https://www.songsforcare.eu/the-project>
- To find out more about the E.L.SO.MC.I Programme and to get involved in the activities please follow the link <https://www.songsforcare.eu>
- E.L.SO.MC.I is co-funded by the European Commission under the Grant Agreement: 2020-1-EL01-KA204-078922