

# Multi-sensory storytelling for people with PIMD and people with dementia (and PID)

## description of the creation of a Voorlezen-plus book

VOORLEZEN-PLUS

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### Introduction

Voorlezen-plus is an adapted version of Multi-Sensory Storytelling (MSST). MSST was created by Chris Fuller, known for her Bag Books initiative, and was developed further in Scotland by PAMIS. Voorlezen-plus is a method for more than 'just' reading aloud. It is creating a personal book, according to a specific procedure, for a particular person using means of sensory stimulation. On this poster we describe the specific procedure of the creation of a Voorlezen-plus book. We do this to simplify the practice of Voorlezen-plus.

### Targetgroup

Voorlezen-plus makes it possible to read out loud to persons with profound multiple disabilities and to persons with dementia (and intellectual disabilities). Ordinary books lack this quality.

### Methods and Results

The process of creating a Voorlezen-plus book takes place over the course of three training sessions with a three week interval. These sessions deal with the development of a book in seven steps and the practicing and coaching of reading it aloud. Participants of two series of training sessions were interviewed about their experiences with the process of creating a book.

Voorlezen-plus in practice at Stichting Het Raamwerk, Noordwijkerhout, The Netherlands



### Conclusions

Participants of the workshops have positive experiences with the described process (the three training sessions and 'creating a book in seven steps'). Voorlezen-plus gives all those involved a sense of satisfaction. It boosts personal contact, which can improve individual relationships. The procedure described seems appropriate for further use. However, it needs further evaluation of results.

## Creating a Voorlezen-plus book in seven steps and three training sessions

### Initial situation

- Max. fifteen participants
- Multidisciplinary group (parents, care workers, friends, therapists)
- Min. three persons working on one book
- Basic book material is supplied by Voorlezen-plus

### Aims

- After three training sessions one:
- knows about Voorlezen-plus, its advantages and expected effects
  - has made a Voorlezen-plus book according to the specific Voorlezen-plus procedure
  - has been coached on reading the Voorlezen-plus book in practice
  - has developed a nice activity which one can use to make contact with the client or relative, which can give both reader and listener a lot of fun

### Preparation

- Read syllabus
- Collect relevant information about the listener (characteristics, diagnostics, photos)

### First training session

- Principles of MSST (PAMIS, Chris Fuller)
- Principles of children's literature (age 0 – 2)
- Format, content and presentation of a Voorlezen-plus book
- Watching videos with examples of Voorlezen-plus reading sessions
- Explanation of the seven steps
- Distribution of basic book material
- Accomplishment of step 1 to 4

### Homework

Continue developing the story according to steps 4 to 7

### Second training session

- Review step 4 to 7
- Feedback on storyline and sensory objects
- Finish storyline
- Explanation "Guidelines to the reader"
- Exercising reading aloud

### Homework

Finish book

Make a video-recording of a session in which the book is read

### Third training session

- Watch video-recordings
- Score reading sessions with questionnaire
- Feedback and coaching according to guidelines
- Evaluation

### 1. Establishing a person's characteristics

- Name, age, sex
- Mental age
- Abilities and limitations
- Preferred use of senses
- Communication
- Emotional development
- Phase of dementia (if applicable)
- Diagnostics
- Alertness

### 2. Choosing the topic

- Real life experience
- What does/did someone like to do?
- Hobbies?

### 3. Determine aims

- Fun! Contact!
- Possible other aims:
- Stimulating hand motions
- Bedtime ritual
- Stimulating language
- Memory

### 4. Composing the content of the story

- Choose topic
- Describe topic
- Determine number of pages
- Consider phase of dementia and deterioration in future
- Determine the order
  - alternate use of different senses
  - have a clear beginning and ending
  - build up to 'climax'

### 5. Choosing a title object

- Symbolic for the story
- Stimulates senses
- Detachable

### 6. Choice of sensory objects

- Stimulating to senses
- Clearly visible colours
- Solid and practical
- Attachable to a page
- Possible to fit in the trunk

### 7. Writing the text (four sentences per page)

- Simple words
- Use the person's name
- Care for rhythm in the text
- Sentence one: object
- Sentence two: storyline
- Sentence three: describe readers' action
- Sentence four: describe use of senses to stimulate interaction