

Efficacy Study of Using Reminiscence Theatre with the Elderly

Liberty University

Elizabeth Krantz; Katy Cashion; Lauren Gabler; Allie-Grace Kopp; Jenny Kurlej; Randy Melton; Silas Munden; Sarah Perkins; Logan Polson; Ashley Rooney; Stefania Smith.

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**Mentor:** Beth Sites ([esites@liberty.edu](mailto:esites@liberty.edu))/ Connie Hecker ([checker1@liberty.edu](mailto:checker1@liberty.edu))

**Students Names/ Emails:** Elizabeth Krantz ([eakrantz@liberty.edu](mailto:eakrantz@liberty.edu)); Katy Cashion ([ccashion@liberty.edu](mailto:ccashion@liberty.edu)); Lauren Gabler ([legabler@liberty.edu](mailto:legabler@liberty.edu)); Allie Grace Kopp ([agkopp@liberty.edu](mailto:agkopp@liberty.edu)); Jenny Kurlej ([Jkurlej1@liberty.edu](mailto:Jkurlej1@liberty.edu)); Randy Melton ([rcmelton@liberty.edu](mailto:rcmelton@liberty.edu)); Silas Munden ([snmunden@liberty.edu](mailto:snmunden@liberty.edu)); Sarah Perkins ([Sperkins20@liberty.edu](mailto:Sperkins20@liberty.edu)); Logan Polson ([lbpolson@liberty.edu](mailto:lbpolson@liberty.edu)); Ashley Rooney ([anrooney@liberty.edu](mailto:anrooney@liberty.edu)); Stefania Smith ([shsmith4@liberty.edu](mailto:shsmith4@liberty.edu)).

**Abstract:** A team of eleven undergraduate students and two faculty members from various departments conducted an efficacy study to determine the effectiveness of reminiscence theatre on the cognition and wellbeing among the elderly. Team members, working under the activities directors at Runk and Pratt, were assigned specific elderly participants living within the units of memory care, assisted living, and independent living. The procedure included a pre-cognitive test, weekly visits with the participants to collect memories, a presentation of a play consisting of the memories, and a post-cognitive test. There will be participants in a control group from units of memory care, assisted living, and independent living who will be given a pre and posttest, but will not meet weekly with the student researchers. The results of the tests will not be compared between the participants but will be measured solely on individual's growth or lack thereof. Our results are predicted to support our hypothesis that meeting with a younger generation, sharing memories, and then seeing the memories performed in a reminiscence theatre performance will improve the memory function and overall emotional wellbeing of those sampled in the Memory Care, Independent Living, and Assisted Living.