

# The JOY of Using LEGO in Caregiving #ActivitiesStrong Fall Gathering!

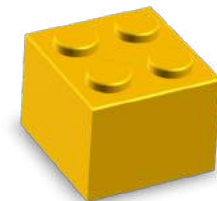
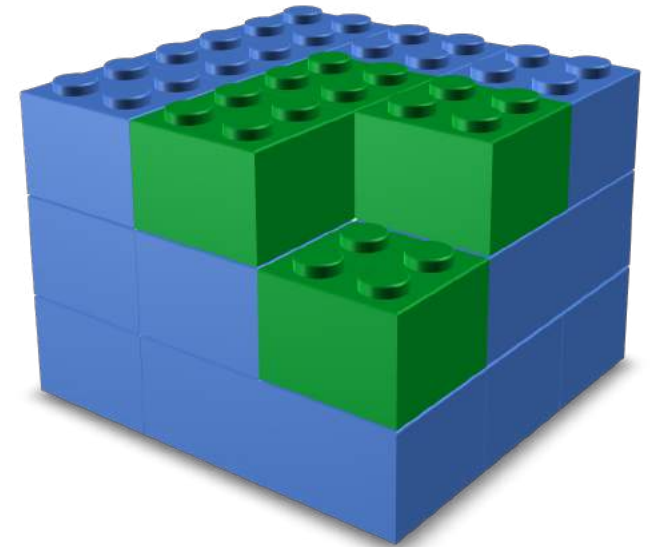
September 20, 2022



**I'm your Facilitator,  
Loretta Veney!**

# The JOY of Using LEGO Serious Play Objectives

- Define what the LEGO Serious Play methodology is
- Explain how it can be used to keep older adults meaningfully engaged
- Understand the types of LEGO bricks that work best for each stage of Alzheimer's disease and related dementias



# Our Story!

- My Mom Doris was diagnosed with dementia in 2006 when she was 77 years old.
- By 2014 she no longer remembered who I was, BUT our lifelong connection through LEGO bricks kept our communication alive.
- After 16 years with this disease my Mom died on January 31st, 2022, three weeks prior to her 93<sup>rd</sup> birthday.

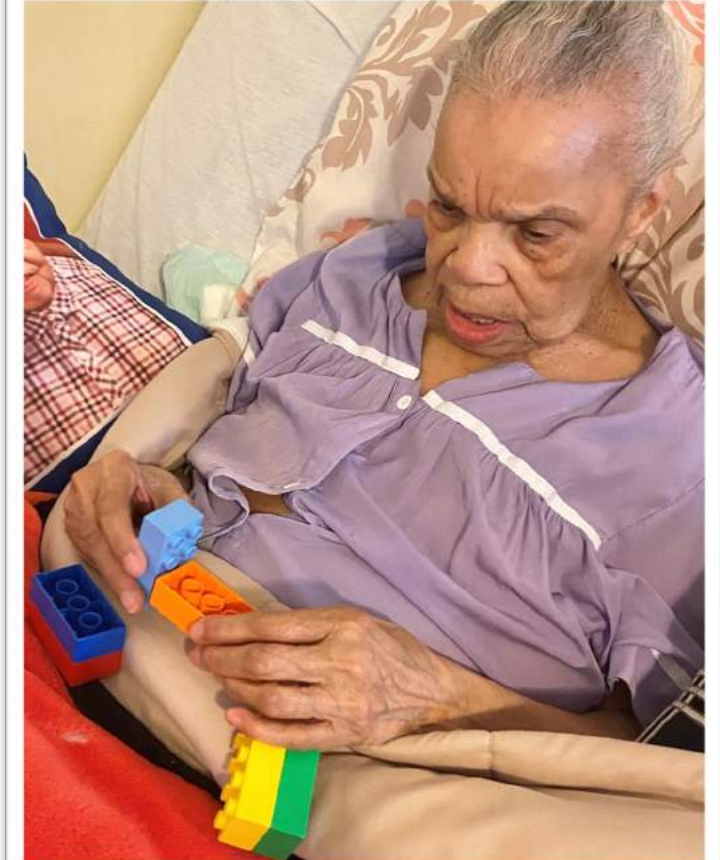


# How It All Started!

- Mom brought me my first box of LEGO bricks when I was 5 years old.
- Through my teenage to adult years Mom and I spent hours talking and building LEGO models.
- After Mom's diagnosis I used the LEGO bricks to get her to share her feelings. It brought us so much JOY that I knew I had to share it with others.

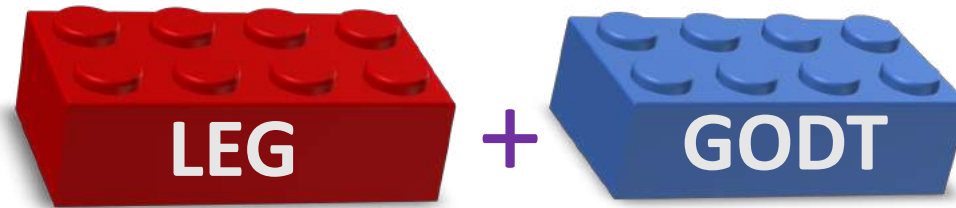


# Our JOY with LEGO bricks!



# The LEGO Group

- Created by Ole Kirk Kristiansen in Denmark in 1932, but it wasn't named until 1935 when he chose the name LEGO.
- LEGO is the combination of two Danish words



which in English means to “PLAY WELL”!

# The Creation of LEGO Serious Play (LSP)



1999 LEGO named  
Toy of the Century!



1999 LSP created to  
improve company  
internal processes!



LSP ensures everyone  
is included & all voices  
are heard!

# What is LEGO Serious Play?

A facilitated methodology that guides participants through a process of creative thinking, expression, listening, goal setting and problem solving.

During a LSP session each participant builds a response, answer, or solution to a question or task with LEGO bricks.







**SERIOUSWORK**  
WWW.SERIOUS.GLOBAL

Certificate number  
20A-0026/OBL2UP

This certificate is awarded to  
**Loretta Veney** who has completed an online  
**SeriousWork upgrade training and has learned  
to facilitate Build Level Two (AT2) LEGO®  
SERIOUS PLAY® Online**

*Sean Blair*

Sean Blair, CPF, Founder  
ProMeet & SeriousWork  
London, November 2020



**SERIOUSWORK**  
Online Facilitator  
of LEGO® Serious Play®



## DOCUMENT OF QUALIFICATION LEGO®SERIOUS PLAY® Method

*Loretta W. Veney*

Has successfully completed the STAGE 1 CERTIFICATION TRAINING in designing and facilitating workshops with the LEGO® 'SERIOUS PLAY' method and materials in accordance with the standards set by The Association of Master Trainers.

STAGE 1 CERTIFICATION covers introduction and training in the LEGO® 'SERIOUS PLAY' method and in its standard applications for team, people and relationship development.

**RASMUSSEN**  
CONSULTING

Charlotte, United States, July 1, 2014

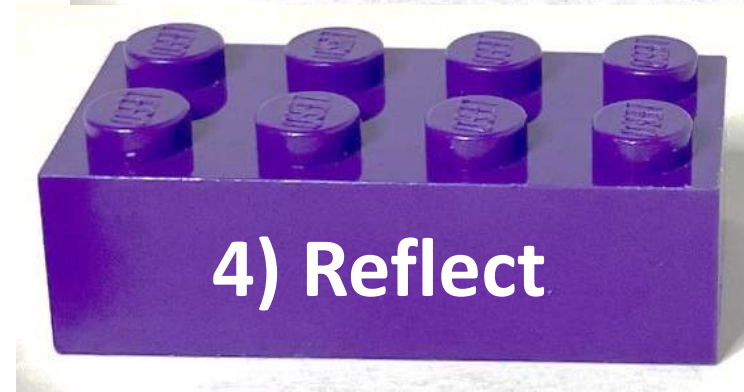
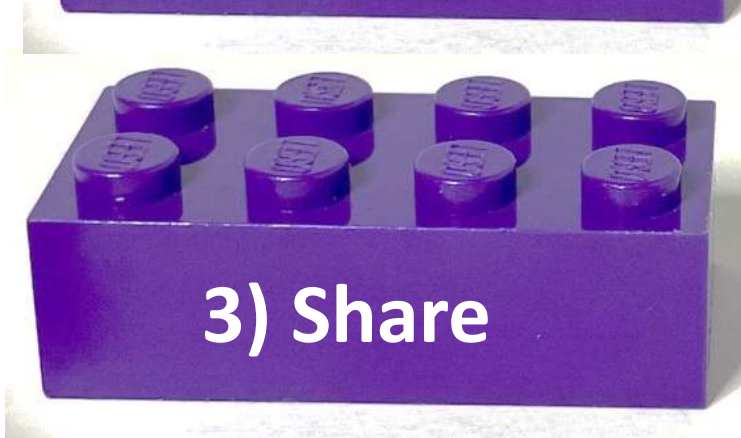
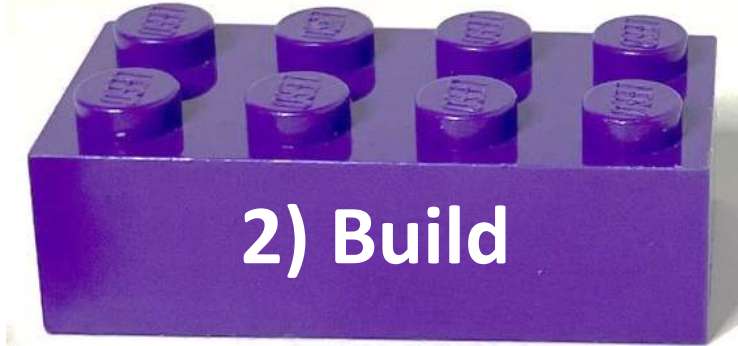
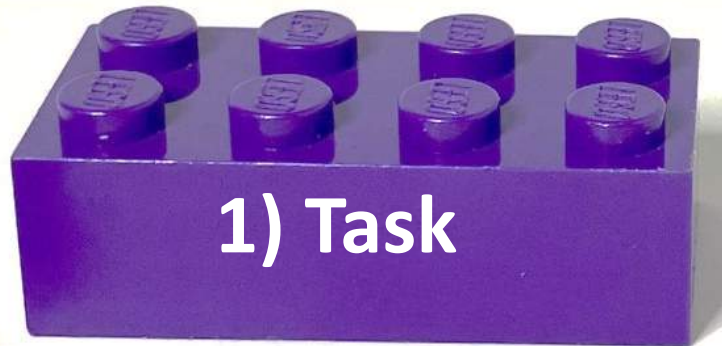
Place and Date

*R.K.*  
Robert K. Rasmussen, Trainer

# Facilitator Training 2014 & 2020



# Four Parts of LEGO Serious Play



(One Session typically has up to 3 building rounds – up to 2 hours)

# Why LEGO Serious Play Works for Seniors with Dementia...



## 2) Build

I knew building would give those with dementia JOY because the task didn't require specific instructions.



## 3) Share

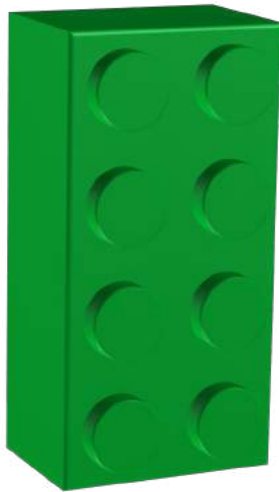
Sharing allows them to tell their stories which can be so joyful and emotional for them and for their care partners. So many previously untold stories can result.



## 4) Reflect

Reflecting is such a great process for those with dementia because at times they can remember so many surprising things.

# LEGO Serious Play Based on Building Metaphors!



This may look like just a green LEGO brick, but it's actually an organization looking to GROW.

- Participants turn their thoughts into metaphors
- Metaphors unlock imaginations
- Bricks become whatever builder says they are...
- Listening to each other's stories are as important as the stories themselves.

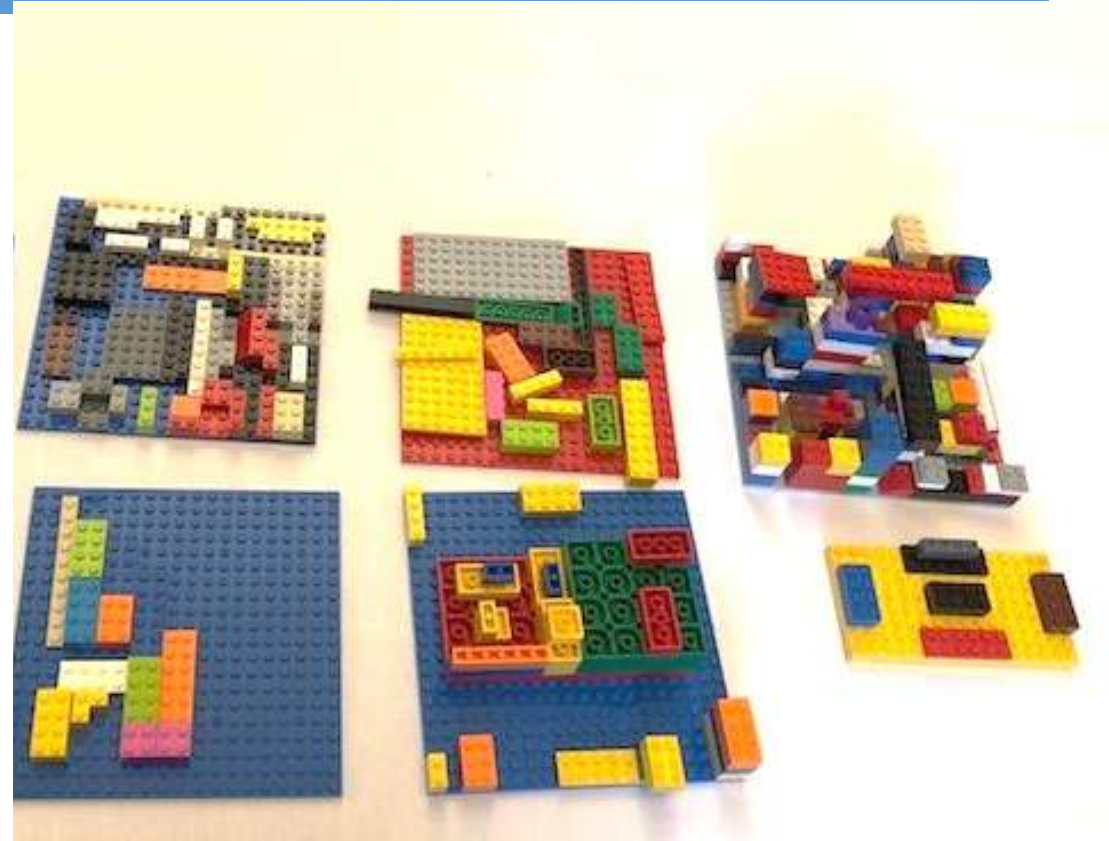
# LEGO Activities for those with Cognitive Issues / Dementia!

## Early Stage to Middle Stage

- Building Bucket Lists
- Life Stories & “home”
- Family, holiday & vacation memories

## Late Stage

- LEGO Art
- Engagement



## Early Stage

- Start small – Don't spend a lot
- Do whatever is fun!
- Build and Talk
- Listen to the stories
- Laugh a lot



LSP works brilliantly in the early stage because the sharing and reflecting steps can be amazing!

# Middle Stage

- Focus on the outcome and less on the process
- Encourage and praise their work
- Stay engaged with them
- Involve kids if possible



Health & Science

## How Alzheimer's turned a daughter into her mom's mom

By Kristen Hartke July 18



Loretta Veney on a short walk with her mother Doris Woodward in Ft. Washington, Md. Caring for her led Veney to write "Being My Mom's Mom: A Journey Through Dementia From a Daughter's Perspective." (Linda Davidson/The Washington Post)

# Middle Stage

Media began arriving to see our LEGO fun Live!



☰ The New York Times

SUBSCRIBE NOW | LOG IN

### Hard-Won Advice in Books on Aging and Elder Care



Loretta Anne Woodward Veney with her mother, Doris Woodward. Ms. Veney's upbeat memoir, "Being My Mom's Mom," describes the years she has spent caring for her mother. Alex Wroblewski for The New York Times

DEMENTIA DOCUMENTARY SERIES —

## Alzheimer's: The Caregiver's Perspective: Loretta and Doris Excerpt


[alzcare.org](https://www.alzcare.org)
#alzcare

Loretta and Doris Excerpt

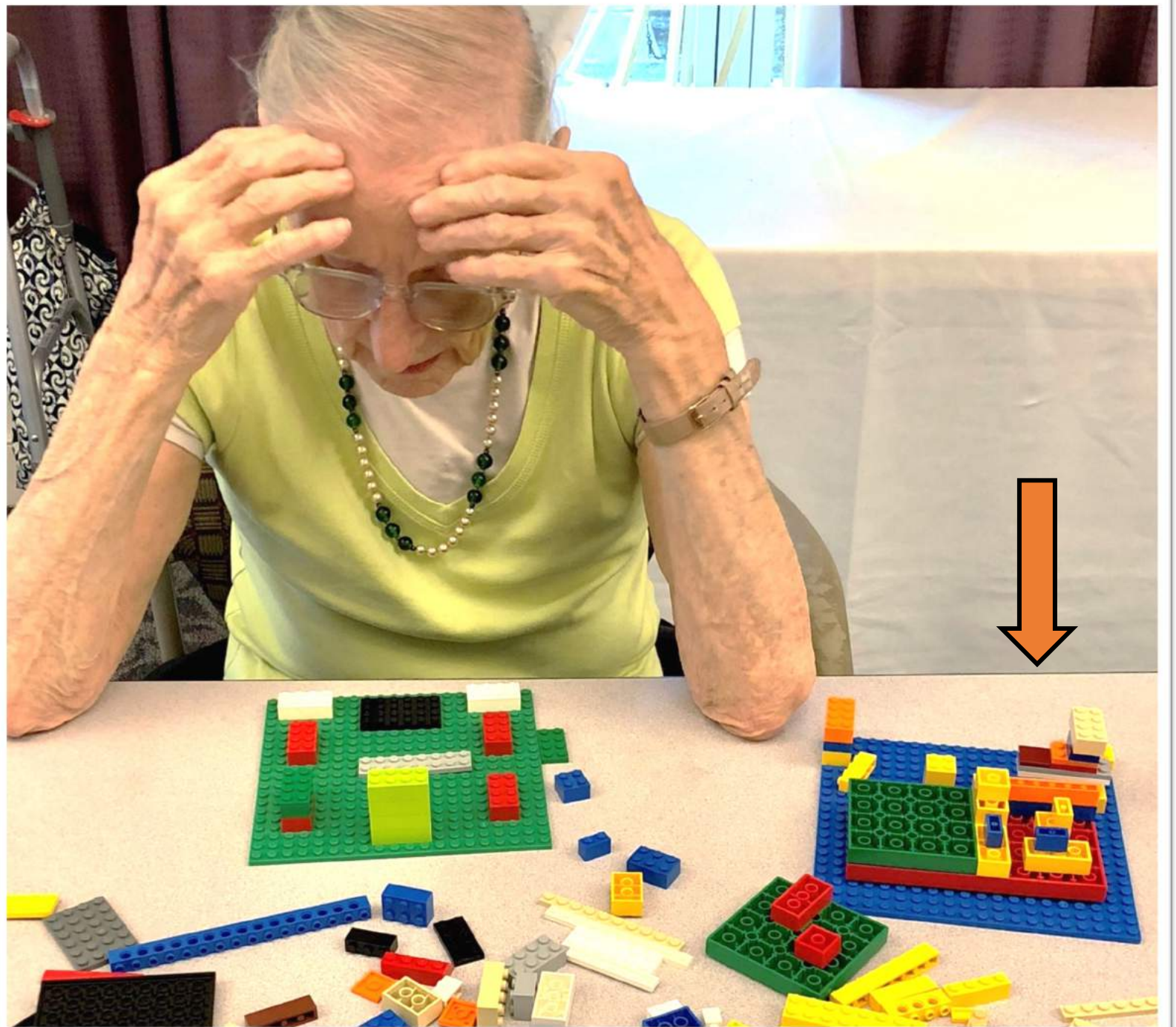


# Late Stage

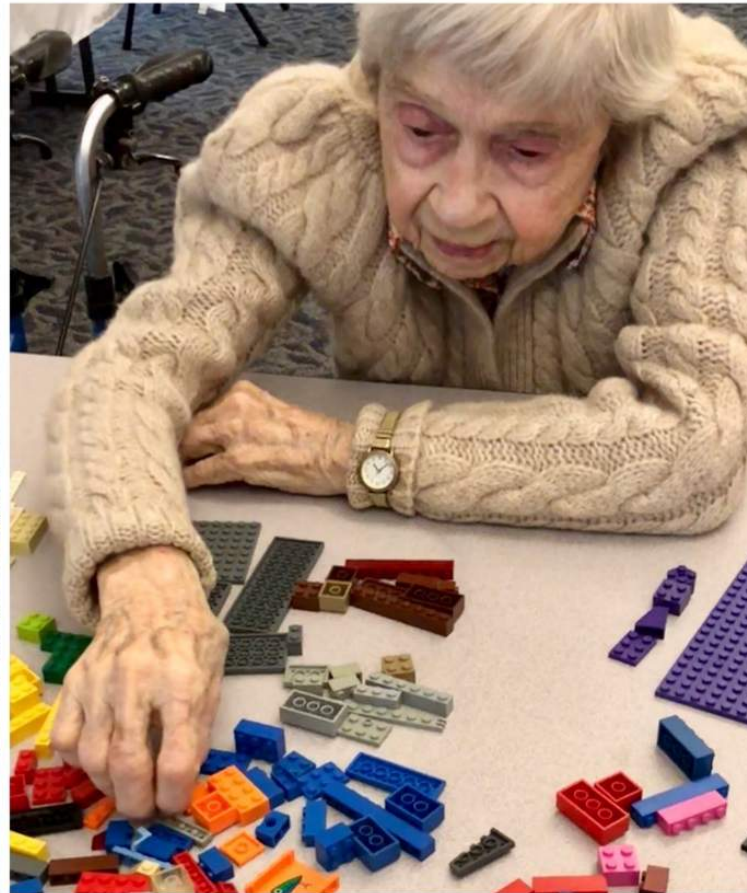


Don't leave them alone  
with the bricks!

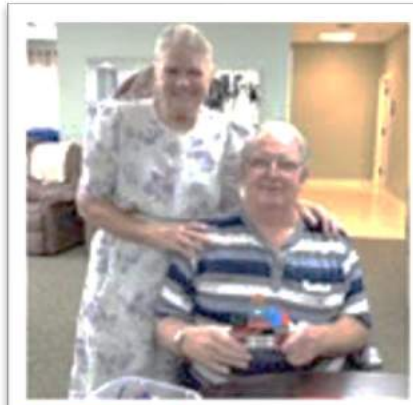
**Some of the  
greatest Joy and  
surprises come  
from those in the  
late stages!**



Engagement can continue deep into the late stages!



# Building a World Without Alz – Generations Crossing, Harrisonburg, VA



# Social Media Posts

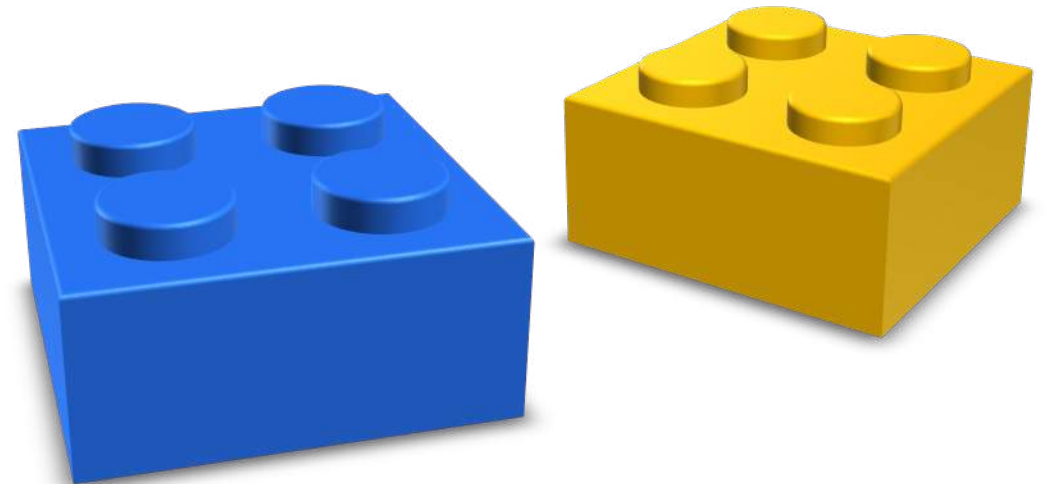
**This 2020 photo during the pandemic resulted in my “Year of the Caregiver” theme!**

**I added dozens of sessions for caregivers to my schedule in addition to working with those with dementia.**



# LEGO Activities for Professional and Family Caregivers !

- **Building Strategic Plans & Mission**
- **Building Strengths and Goals**
- **(Re)Building Joy and Hope**
- **Embracing Caregiver Challenges**



# Family Caregivers



# Family Caregivers

June 9,  
2022

**LEGO:  
SERIOUS PLAY FOR  
FAMILY CAREGIVERS**

Presented by National speaker, Loretta Vency, Author of *Being my Mom's Mom*



**AARP**  
Nebraska

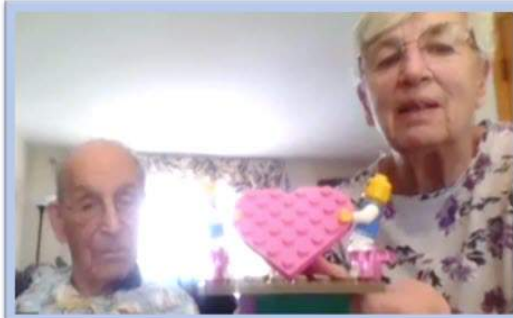
**ALZHEIMER'S ASSOCIATION**  
Nebraska Chapter





# Family Caregivers

Building Hope – Hopkins Elder Plus and Called to Care  
January 21, 2022



## Building Hope for Care Partners: LEGO® Serious Play®

**WHAT:** Reflect • Build • Refresh  
You're invited to join this energizing session using LEGOs. Care partners will enjoy a creative approach to share thoughts, have fun and gain inspiration from this group activity. Register by 1/14/2022 to obtain LEGO bricks.

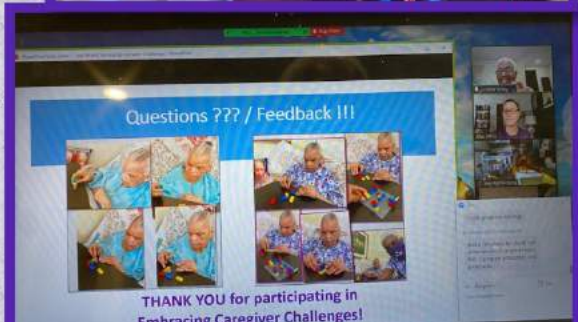
**WHEN:** Friday, January 21, 2022; 11:00 am to 12:30 pm

**WHERE:** Zoom event. Use your computer or tablet. Register in advance. After registering, you will receive a confirmation email containing information about joining the meeting.

<https://jhjhm.zoom.us/meeting/register/tJwvfuugrzsGdSBz-Z2eOQHsNJ0PHnBXSRR>

**HOST:** Johns Hopkins Bayview Called to Care and Hopkins Elder Plus  
Linda Stewart – 410-550-1660; [lstewa27@jhmi.edu](mailto:lstewa27@jhmi.edu)

# HFC Embracing Caregiver Challenges 7/9/21



# Building Hope 9/15/21



# Professional Caregivers - - Assisted Living, Memory Care, Social Workers, CNAs, OTs



Feb 11, 2019

Springfield

OTs

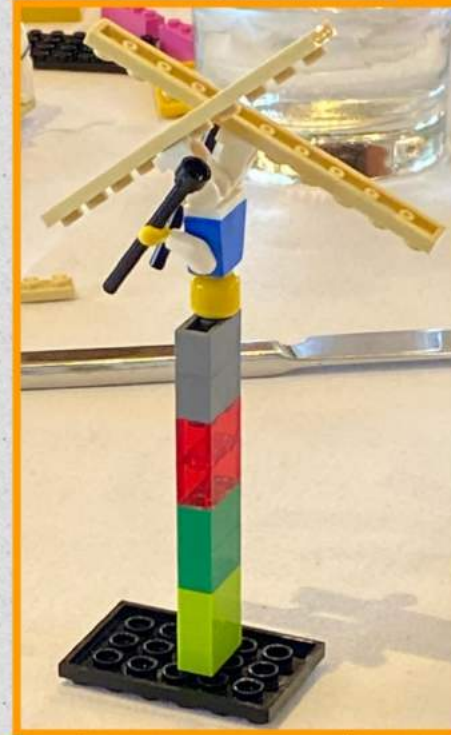
# Intergenerational Teachers – Adult Day and Pre-K





**2021 SAGE Conference**  
**hosted by honor**  
**Nov 3, 2021 - Building Joy**





# Building Memories for Care Partners and those they care for!



## Workshop: Building Hope!

[#insightmemorycarecenter](#)'s Mind and Body Workshop provides innovative interventions for families who have MCI or early-stage dementia. The workshop is a 4 session program series for both the care partner and the early stage individual to participate, promoting social engagement and peer support, while adjusting to life with a new diagnosis. The workshop promotes cognitive enhancement, creative expression, movement, purpose, reflection, and overall well-being while living with memory loss.

Tuesdays, March 1 - 22, 2022 from 4:00-6:30pm in Sterling, VA (registration closes Feb. 25)

Learn more here: <https://lnkd.in/eeCKC59u> or contact me!

Thanks to [#talloaksassistedliving](#) (Leslye M. Lawson and George Winters) and [#virginiainternalmedicine](#) (Amr Behiri, DO, CMD) for your support to make Loretta Veney's LEGO Serious Play activity possible!







# Memory Café

featuring **LEGO® SERIOUS PLAY®** for Seniors  
with Dementia and Their Caregivers!

*Presented by Loretta Veney, Certified LEGO Serious Play Facilitator*



Enjoy this wonderful Memory Café with your loved one! Our facilitator, Loretta Veney, will help us build our favorite holiday memories with LEGO!

The idea is to have fun together and recollect warm memories of holidays past. Call to schedule a time to pick up your free package of LEGO bricks to participate in this very special interactive program!

**Join us for this FREE Interactive Event**

**Wednesday, December 8<sup>th</sup>**  
1:00 - 2:30 p.m.

**To Register**  
[TheArtisWay.com/YardleyEvents](http://TheArtisWay.com/YardleyEvents)  
267-393-4454



Loretta Veney



Betsy Szamboti | Artis Senior Living ...



Janis Donahue



Dianne's iPhone

# Building Holiday Memories Caregiver & Care Partners Dec 8, 2021





We will be building Joy & Memories this month at our

*Sunrise of Silver Spring Support Group*

Join us for an inspirational & hands-on evening

As Loretta guides and shares with us, the wonderful benefits of art and creation through

Lego Serious Play

Wednesday, October 6<sup>th</sup> 2021



# Oct 6, 2021, Building Memories in Silver Spring, MD



# Building Memories in an Intergenerational Group!



**Alzheimer's Association of Greater  
Maryland - Building Joy, Hope  
and Superpowers!  
May 31, 2022**



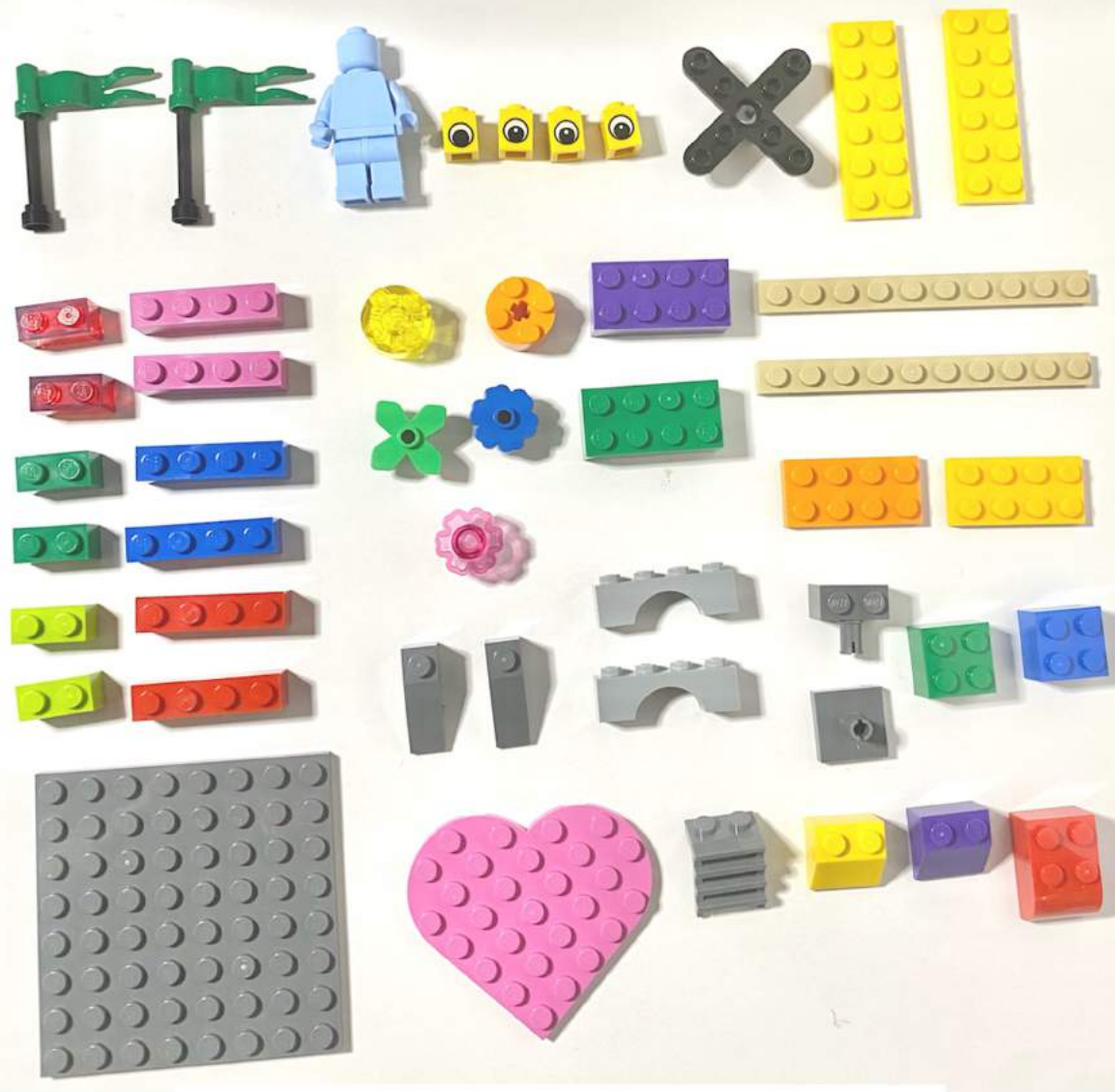
**Baltimore County Dept. of Aging  
Living Creatively with Dementia Series  
June 29, 2022**





**What kind of LEGO bricks Should be Used?  
Have a variety of sizes and colors!**





Loretta's LEGO Serious Play Inspiration Kits



Loretta's Memory Cafe Kits

# LEGO Classic Boxes are Perfect for LSP



LEGO Classic Medium Creative Brick Box 10696 Building Toys for Creative Play; Kids Creative Kit (484 Pieces)



LEGO DUPLO Classic Brick Box 10913 First Set with Storage Box, Great Educational Toy for Toddlers 18 Months and up (65...

# Lessons Learned from JOY of Using LEGO!

- Starting to research LEGO bricks and impact on those with dementia.

- Building 3-D models of how we are thinking and feeling can be very emotional!

- Unlocking memories brings about much joy and maybe a few surprises!

- The future is bright! Keep Building!



# Comments! – Questions?



Rock'n Robin Productions

1d · 🌐



We are celebrating [#NationalCaregiversMonth](#) this morn on Good Morning America we shared a special preview of the season finale of [#ThriverThursday](#). Get ready to meet Loretta...whose creative approach to caring for her 92-year-old mother with [#Alzheimers](#) has helped countless others.

