



AUTOBIOGRAPHIC WORKSHOP

In neurodegenerative diseases, short-term memory is first affected. It is therefore important to work on all aspects of memory to limit the progression of the disease.

This workshop aims to immortalize the patient's story: he will have to write and rewrite his story. In addition to making the memory work, the patients resume their history to reclaim it. Another benefit: it makes the patient happy to hear their story, to know that they are talking about them, and allows them to strengthen their sense of existence.