

*"I always feel better after I've had a chat with you. I've been ill but you've brought me out of it." David*



## MOOSE IN THE HOOSE

<http://www.aceit.org.uk/moose.html>

How can Moose in the Hoose help your older people? Our volunteers bring the benefits of computers and the Internet to many Edinburgh Care Homes and Day Care Centres.

*"I used to phone dad every week - he couldn't really hear me and didn't have much to say. With you here, you can relate things to him and help the conversation. It's been fantastic. For me to be able to see him - and how he is - it's very important to me."*



### Using the Webcam

Liz on a rare trip back from Australia, visiting her dad during a Moose session

Harry has dementia and great speech problems but a volunteer found he likes cars. Each week he says "car, car" and goes off proudly carrying his new car picture with his name on it.

### Singing along and chair-dancing to old favourites



[www.aceit.org.uk](http://www.aceit.org.uk)

E-Mail: [terry@aceit.org.uk](mailto:terry@aceit.org.uk)

Names changed to protect confidentiality except where specific permissions granted to use real names.

### Chatting about places and photos found on the Internet

Hannah wrote her poems while Ann is dictating her her life story, bit by bit.

### Games, crosswords quizzes are all popular

Part funded by the City of Edinburgh Council  
Health & Social Care Dept  
Age Concern Edinburgh (ACE IT)  
2nd Floor, 115 George St  
Edinburgh, EH2 4JN  
Tel: 0131 477 3883

While many of the older people prefer the volunteers to work the computer, we always encourage those who are interested to have a go.

*"I thought I was past it -but now I'm completely hooked. I'm on the computer every day - it keeps your brain cells moving."*  
Mary who attends a Day Care Centre



After an Internet Search, John who had mobility problems was able to buy a special orthopaedic chair *"the first comfortable seat I've had in years"*

### e-mailing

One 93 yr old resident who now types her own emails commented that *"you get a kick out of it"*

### Creating cards and calendars

Help us to help your relative by giving staff your email address and details. Tell us about relative's interests, encourage them to join in the fun. Reassure them they don't need to do any computing unless they want to.



*"There are 75 years of my memories in that book"*  
Pete

### Making a Caring Memories Album

Some have made use of the Caring Memories resources to make their own Life Story Book - like a modern version of a scrap book but put together on the computer usually by a Moose volunteer working with the person.

### A Good Crack!

Getting together for Moose sessions stimulates lively chat.



*"Mum is reading again, even though its just the captions. She reads them over and over again."*