



BENEFITS OF CREATIVE ARTS FOR PERSONS WITH DEMENTIA AND THEIR CAREGIVERS

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OBJECTIVES

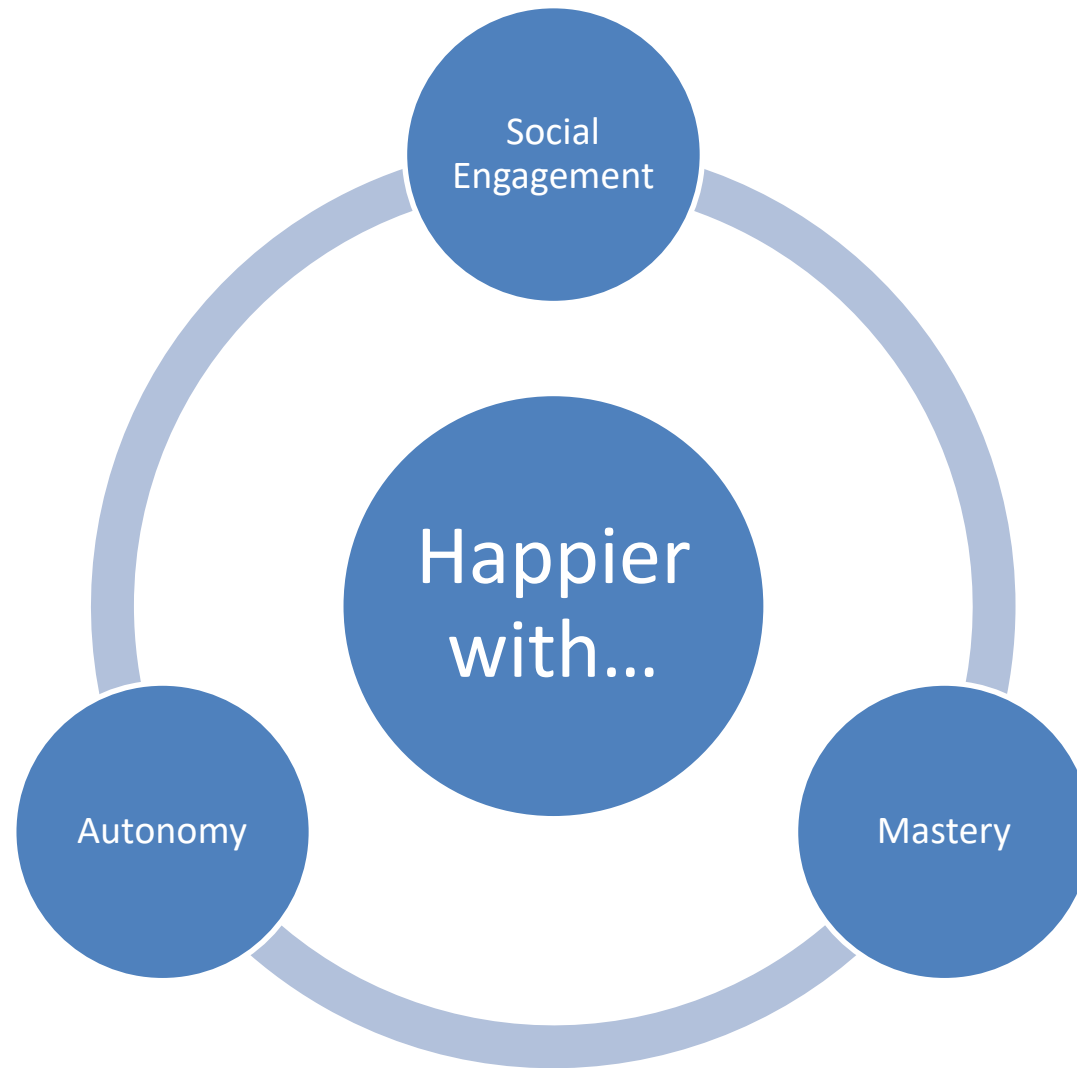
1. Identify the benefits of creative arts for persons with dementia and their caregivers
2. Practice arts-based techniques

CREATIVITY & AGING STUDY

- Elevated moods
- Increased independence
- Fewer medications
- Fewer doctor visits
- Decrease in depression and loneliness
- Increase in activities

(Cohen, 2006)

WHAT MATTERS?





REGIONAL OFFICE FOR

**World Health
Organization**
Europe

HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn

<https://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019>

WHAT DOES THIS HAVE TO DO WITH DEMENTIA?

1. Develop individual potential
2. Multisensory
3. Generates empathy
4. Reduces stigma
5. Communication
6. Improvisation =
Autonomy
7. Social integration/sense of community
8. Reciprocity
9. Make Meaning
10. Co-create
11. Create new memories

(de Medeiros & Basting, 2013; Schneider, 2018; Swinnen & de Medeiros, 2018)

TIMESLIPS

Tell Your Story:

B I U [bulleted list icon] [numbered list icon] **H** [link icon] <> [undo icon] [redo icon] [eraser icon]

Enter text...

Credits:

With permission of Avanti Press



What's going on here?

What are those things?

What do you want to name them?

Do they know each other? How?

What smells do you imagine?

What sounds do you imagine?

Where are they going?

Who is in the car(s)?

What do you think will happen next?

<https://timeslips.org/resources/creativity-center>



(<https://www.flickr.com/photos/edenpictures/9472736372>)

REFERENCES

Basting, A. (2009). *Forget memory: Creating better lives for people with dementia*. Johns Hopkins University Press: Washington, DC.

Cohen, G. (2006, April 30). *The creativity and aging study: The impact of professionally conducted cultural programs on older adults, final report*. National Endowment for the Arts. <http://arts.gov/sites/default/files/CnA-Rep4-30-06.pdf>

De Medeiros, K., & Basting, A. (2013). "Shall I compare thee to a dose of Donepezil?": Cultural arts interventions in dementia care research. *The Gerontologist*, 54(3), 344-353.

Fancourt, D., & Finn, S. (2019). What is the evidence on the role of the arts in improving health and well-being? A scoping review. Copenhagen: WHO Regional Office for Europe. <https://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019>

Schneider, J. (2018). The arts as a medium for care and self-care in dementia: Arguments and evidence. *International Journal of Environmental Research and Public Health*, 15, 1151-1161.

Swinnen, A., & de Medeiros, K. (2018). "Play" and people living with dementia: A humanities-based inquiry of TimeSlips and the Alzheimer's Poetry Project. *The Gerontologist*, 58(2), 261-269.

RESOURCES

The Creative Caregiving Guide - <https://caregiving.scrippsoma.org>

Meet Me At MoMA -

https://www.moma.org/visit/accessibility/meetme/practice/families.html#families_artoutings

TimeSlips – <https://Timeslips.org/resources/creativity-center>

Alzheimer's Poetry Project – <http://www.alzpoetry.com>

Dancing For Dementia with Filipa Pereira Stubbs -

<http://www.fpereirastubbs.co.uk/dancemoves-calendar/>

Utah Creative Aging Coalition - <https://ucoa.utah.edu/ucac/index.php>

Basting, A. *Creative Care* - <https://www.anne-basting.com/creative-care>

Basting, A. When Art Is the Only Medicine (TEDX) -

<https://www.youtube.com/watch?v=cPA6lkIMQxM>

Basting, A. How to meaningfully reconnect with those who have dementia (TEDMED) -

<https://youtu.be/liqQDDfhFXQ>

DOROT. Tech Made Easy for Seniors with New Instructional Guides -

<https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>