



ARTS-BASED ACTIVITIES FOR PERSONS WITH DEMENTIA

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OBJECTIVES

1. Identify the benefits of the arts for the aging body and mind
2. Explore programs that support arts-based activities for persons with dementia
3. Practice arts-based activities



Sky Above Clouds by Georgia O'Keeffe

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

Disengagement Theory



Activity Theory



Continuity Theory



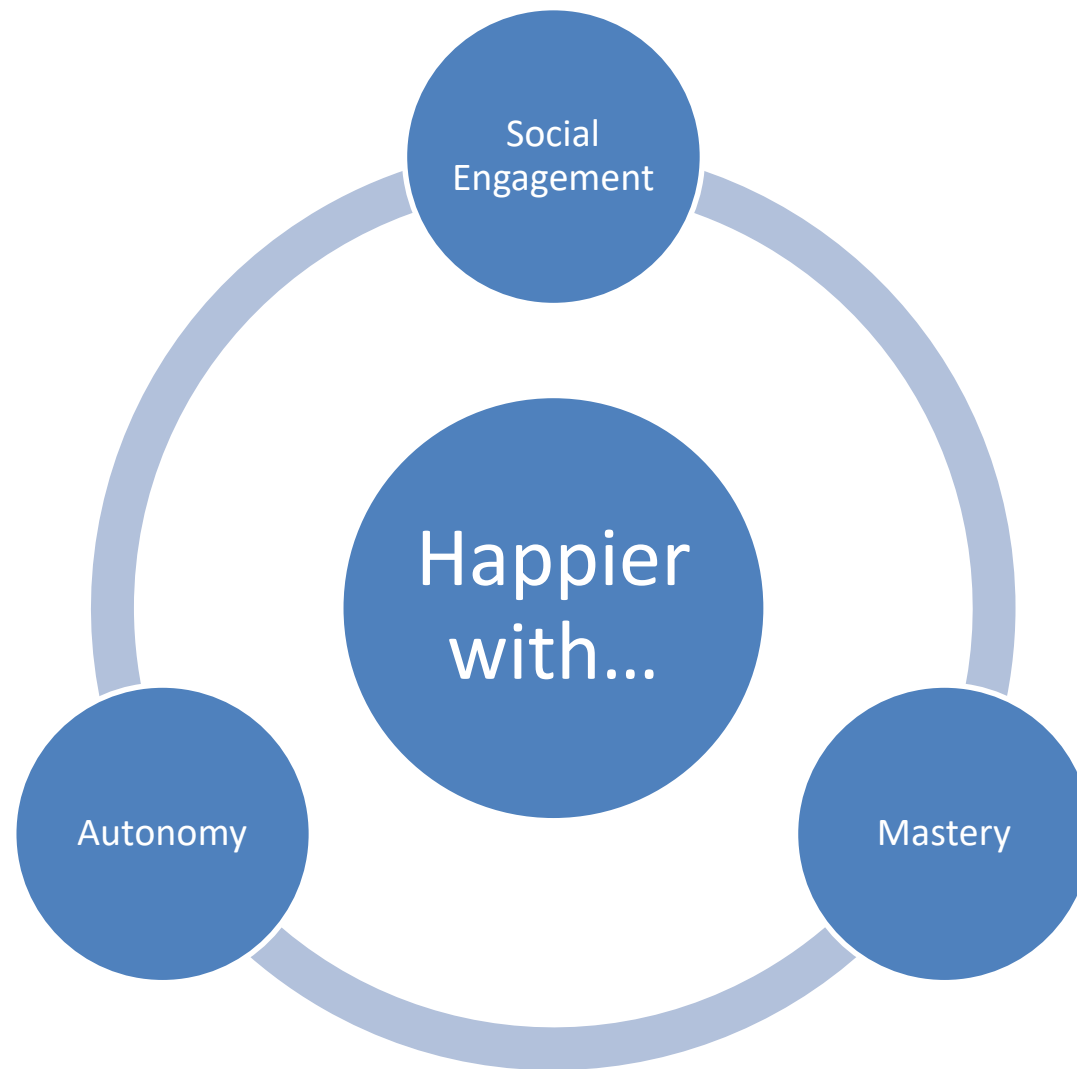
Creativity

CREATIVITY & AGING STUDY

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

(Cohen, 2006)

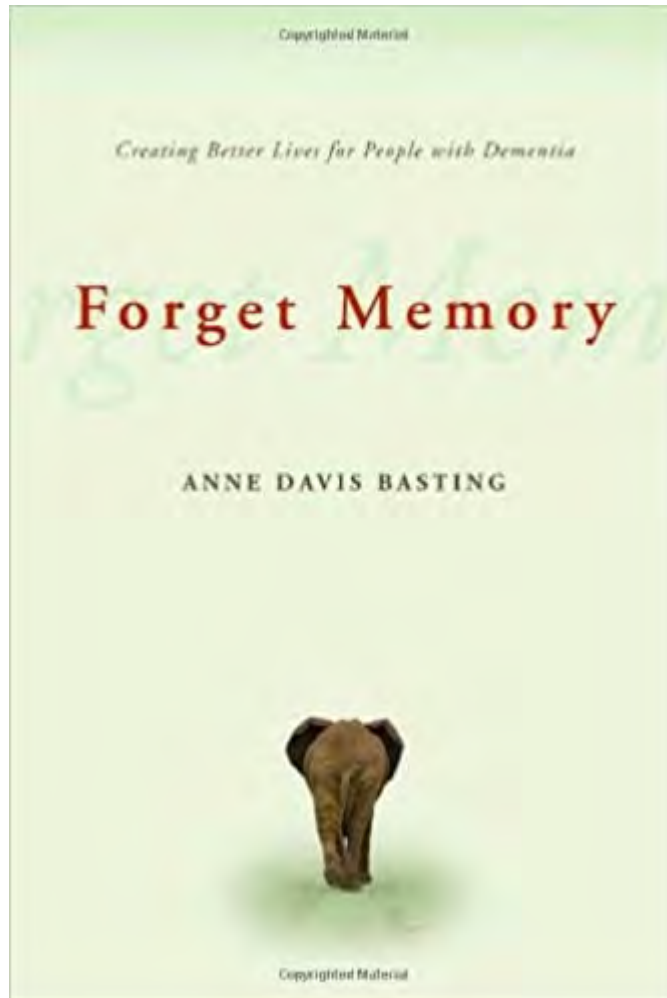
WHAT MATTERS?



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)




Forget Memory: Creating Better Lives for People with Dementia

By: Anne Davis Basting

TIMESLIPS

CREATIVITY CENTER


Explore tools to spark meaningful engagement!
Click on a prompt and share your response
by audio, image or words.
Share with family, or invite them to create with you.



HAVE A GENTLE CONVERSATION

Images and questions to inspire a brief poetic exchange.

[GET STARTED!](#)




What do you treasure in your home - and why?

ASK A BEAUTIFUL QUESTION

Inspire someone to think a little differently - with no right or wrong answers.

[GET STARTED!](#)



MAKE UP A STORY

Our classic creative storytelling - you can say anything.

[GET STARTED!](#)

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


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 Avant! 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>

TIMESLIPS

Lucky for Jill

Facilitated by Sisters of St. Francis

Tell Your Story:

She is Jumping Jill. She's a show-off! She's at the Atlantic Ocean. She's from San Fransisco. Is she from Denver? She's from the Old Country. She's catching something. It look like she's catching a Frisbee. She's doing so good! There is a group of people gathering around cheering for her. You can't hear the waves. It's exhilarating. She is there with her daughter, Sherry. Sherry is throwing the Frisbee. Jumping Jill says "One more bang and it's over!". She catches it and bows to the crowd and says "Thank you, thank you". Sherry runs up to her and gives her a big hug and says "Good job!". Jumping Jill is very warm and says to Sherry, "Let's go get some ice-cream!"

Credits:

With permission of Avanti Press



QUESTION:

What you do want to title this story?

What's happening here?

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

MEET ME AT MOMA

meetme
The MoMA Alzheimer's Project:
Making Art Accessible to People
with Dementia

Perspectives Practice Art Modules Artwork Research Events About En español

Design your program
Practice >
Guías en español >

Research the Project
Resources >
Recursos en español >

Share the experience

Explore topics in art

<https://www.moma.org/visit/accessibility/meetme/>

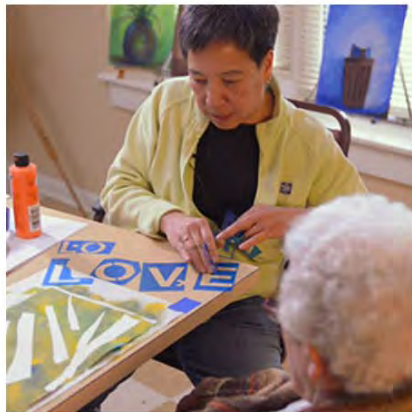


Christina's World by Andrew Wyeth

<https://www.flickr.com/photos/59437631@N07/6047826871/>

CREATIVE CAREGIVING GUIDE

Creative Caregiving Lessons



Visual art:

Create beautiful paintings or discuss artwork by famous artists



Music

Create activities around familiar songs



Dance & movement:

Create dance movements using familiar songs



Poetry & language:

Recite familiar poems and create original poems and stories

<https://caregiving.scrippsoma.org/>

CREATIVE CAREGIVING GUIDE

- What do you think of when you think of _____?
- When you touch _____ what do you feel?
- When you smell _____ what do you smell?
- What does _____ taste like?
- What do you see when you _____?
- What do you say to _____?
- What does the _____ say to you?

<https://caregiving.scrippsoma.org/>

UTAH CREATIVE AGING COALITION



Programs



CHECK THEM OUT >

Resources



LEARN MORE >

Research



CHECK IT OUT >

<https://ucoa.utah.edu/ucac/index.php>

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.

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=cPA6IkIMQxM>

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>