Advancing Person Centered Care through Meaningful Art Experience

Quality Care Community Conference XIII
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Today’s Facilitators

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Welcome
To introduce health care providers and clinicians to innovative ways in which to provide person-centered care with inexpensive non-pharmaceutical interventions.
Workshop Outcomes

- Best practices in creative aging
- The connection between Kitwood’s model of person-centered care and art-centered activities
- Tools to facilitate arts programming
- The use of personal story within art-making
- The activation of communication skills in response to art
- Where to find additional resources to support art-making residencies
Engaging with art provides an opportunity for living in the moment and focusing attention.

In order to create the right atmosphere, we ask everyone to turn off your cell phones until the end of the workshop.

We’re asking everyone to be ready to try something new.

And we remind you that you are entering a failure free zone!
Our Mission: Arts & Minds is a non-profit organization committed to improving quality of life for people living with Alzheimer’s disease and other dementias. In museums, community centers and nursing homes we provide meaningful art-centered activities to create positive cognitive experiences, enhance communication and reduce isolation. Our programs empower people with dementia, family members, professional caregivers, and educators to strengthen social, emotional and spiritual bonds by engaging with art.
Which areas of your brain were stimulated by this activity?

Viewing art together inspires conversation that taps into memory, cognition and emotion and imagination.
Aesthetic experience stimulates the brain and memory while strengthening social, emotional and spiritual bonds.
Can the conscious experience of an emotion persist once the emotion-inducing event is forgotten?

Recollection of film clips and post-film emotions ratings following the happiness induction

- Emotional experience may be independent of memory of the stimulus

Proceedings of the National Academy of Science, 2010
www.pnas.org/cgi/doi/10.1073/pnas.0914054107
Response & Interpretation

“We can say what we feel here.”

Positive engagement with art and ideas connects us to one another and lifts the spirits!
Creative Expression

Hands-on activities awaken creativity.
Participants may experience reduced anxiety

Arts & Minds at Isabella
February 2011
Elders Share the Arts (ESTA), founded in 1979, affirms the creative potential of older adults and upholds their time-honored role as bearers of history and culture by using the power of the arts to transmit their stories and life experiences for the benefit of all generations.
Living History Arts Methodology

- Reminiscence
- Oral History
- Art
"One good thing about this class, and writing, is that it sharpens your memory."
- Edith, Writing from Life Experience (ESTA)
Morningside Retirement Health Services
Life Collage

- Person-centered approach to creating art with residents
- Using memories to create art work
- Share the Art
- Display the Art
“It relieves stress, and helps me communicate with people better.” - Participant

“I learned new ways of creating things...My imagination is set free.” - Participant
Benefits of successful creative aging programs

✓ Enhances the quality of life of older adults.

✓ Meets the needs of older adults and their caregivers.

✓ Demonstrates sequential learning and often transformational learning.

✓ Participants experience an enriched connection with their cultural roots, practices and beliefs.

✓ Elders see themselves as valuable members of their communities.

✓ Elder participants in eldercare communities/facilities regard their environments as part of their community.

✓ All participants may experience reduced anxiety.
Feel free to contact us!

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Thank You!