CAPACITY BUILDING FOR A SUCCESSFUL ART AND CREATIVITY PROGRAM.

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Art programs have so much to offer

• Increases concentration
• Cognitively stimulating
• Calming
• Non-verbal
• Improved confidence
• Decreases isolation
• Closer relationships
• New skills/interest
• Heaps of fun!
How our model started:

We created a new Art therapy program within Research and Consultancy in 2008 and decided to pilot a range of options within the new program. These options are still running five years later.....
The main four options....

• Individual art sessions at home or in aged care facilities (also for DBMAS)
• An Art gallery access program – both studio sessions and Art Gallery tours
• Group art sessions in Day Centres or in care facilities
• Staff training in Art and Creativity
An individual art experience
Reminiscence in a group session
AAWA trained guides lead our first Art Gallery access program ‘Moments with McCubbin’ in 2008....
developed from ‘Meet me at Moma’s’ in New York and ‘Art and Alzheimers’ in Canberra
Over 200 individual visits ....

- People with dementia living in residential care
- People with dementia attending Day Centres
- And couples or individuals living at home

by 60 people living with dementia....
Outcomes from the 12 month program are extremely positive for all 4 groups involved:

- Stimulation
- Social inclusion
- Reminiscence
- Friendship
- Enjoyment of Gallery experience
- Rediscovery of intellect and art appreciation
Graceford Hostel develops their own regular art program and permanent exhibition space onsite ...
The AAWA Art Gallery access program now offers ‘Artistic Adventures’ for couples offering studio sessions and guided tours twice a month. Visitors and students welcome.
Participants gain new skills and interests....
Form new relationships and friendships......
Experience joy and laughter...
Have opportunities to play....
And share special moments....
then refreshments to enjoy!
“Hugo and I consider we are very fortunate to be involved with the Artistic Adventures group. Our participation enriches our lives on many levels and we joyfully set off to each session with anticipation and eagerness”
‘Artistic Adventures’ - A4 Booklets are presented twice a year to participants.
Gallery educators gain experience with a new group of talented students.
Who really benefit from the studio atmosphere
The Hon. Mark Butler, Federal Minister for Mental Health and Ageing, requested a visit to join our studio session and guided tour in April 2012.
AGWA offer ‘Art and Memories’ guided tours.

Art & Memories
Free guided tour for people living with dementia

Small groups and their carers are able to discover how works of art can encourage conversation, evoke memories and reminiscences.

- Join a Voluntary Gallery Guide who has been trained by the Alzheimer’s Association WA for a unique art tour.
- The tour is customized according to the interests, ability and mobility of the participants.
- This tour which lasts for an hour is suitable for people living with dementia in residential or day care as well as individuals living in the community and their carers.
- A practical art workshop with an Educator can be included. This experience encourages sensory stimulus and develops skills and confidence. Charges apply.
- At the time of making a booking, enquire about arrangements for drop off and pick up at the Art Gallery entrance.
- There are two wheelchairs and one walking frame available for visitors. These must be reserved at the time of booking.

Tours and art workshops must be booked in advance by phoning Sue Way on 08 9492 6644 or email: educate@artgallery.wa.gov.au

The Art Gallery visit can be followed up by refreshments at own expense at Caffissimo. Please contact the Café direct for group bookings: 08 9228 3100.
Staff training on site or at AAWA
Amana Living – PROJECT PICASSO expands from 4 facilities in 2011 to 12 in 2013
PROJECT PICASSO final exhibition and War Memories
Where to from here?

• Continuing Art and Creativity workshops within WA and other states
• Networking nationally and internationally
• Offering training to Training providers within Aged Care
• Encouraging facilities with art programs to set up permanent exhibition areas for all to enjoy
• Expanding the Gallery access program to regional WA with support from a newly funded position at the National Gallery ACT
• Encourage the understanding that people living with dementia can learn new skills that bypass cognitive decline!
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