Social Inclusion through the Arts

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The arts provide us all with a medium for communication, self expression and identity, stirring feeling and memory.
Focus on the arts not dementia
Dementia should not be a barrier to living life and continuing to contribute to family, community and society.
ACH Group Arts strategy

• The arts as part of good lives for older people and people living with dementia
• Connected to community
• Inclusive of people with dementia
• A focus on the art making
• Adapting methods and support to promote inclusion
• Celebrating contribution
6 elements of Good Lives

- **Unique** - my life experiences, strengths, culture and spirituality
- **Control** - of my life and my decisions
- **Optimistic** - a sense of hope and future, goals to work towards
- **Belonging** - relationships with a variety of people and everyday roles
- **Contribution and engagement** - to give and take and enjoy the fullness of life, interests, passions, faith
- **Health** - to be as healthy as I can be right to the last
The Arts as an Element of Good Lives
ACH Group Model for arts and social inclusion

- Partnerships
- Commissions for art works
- Intergenerational
- Learning
- Reminiscence
- Performance or exhibition and celebration
- Social, political and cultural
Kungari, the black swan is an important totem for the Ngarrindjeri people.
rehearsals
Performances
Finding new friendships and remembering old skills
“I like to feel part of it and having something to learn makes it interesting, you look forward to it all week”
Who should lead?

Therapists, artists, enthusiasts or staff?

(Killick, 2002)

• different abilities and approaches
• need for understanding of the impact of dementia
• challenge what we believe is possible
• a partnership approach
Comments from artists

“...this is a very meaningful project in which art and reminiscence are used for the well-being of elderly people and at the same time contribute to awareness of the important role our older community members still have in the wider community”
By using strengths and creativity people with dementia inspire us to find ways to share our community.
‘It is the nature of the arts that they can help us create a climate in which imaginative leaps become a possibility’

Killick, in Innes et al, 2004

We must harness them to include people living with dementia
References


ACH Group (2012) *In the Flow Community Art project: Evaluation Report*