‘I LOVE YOU’

The Power of Art to strengthen the bond between couples living with dementia

PRESENTED BY JACQUELINE LEWIS
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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
- The power of colour and sensory experience
- 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 nearly seven years later.....
The main four options....

• Individual art sessions at home or in aged care facilities (also consultancy 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, provided at AAWA or off site.
An individual art experience – weekly sessions for a lady in residential care, for nearly three years
Reminiscence and sharing stories 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, some with a recent diagnosis

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

“ It has opened up a whole new world for me”

Stimulation
Social inclusion
Reminiscence
Friendship

Enjoyment of a Gallery experience
Rediscovery of intellect and art appreciation
‘Artistic Adventures’, now in its sixth year, is an AAWA Art Gallery access program designed for couples, offering studio sessions and guided tours twice a month. Visitors, including older grandchildren, and students are welcome.
We have five regular volunteers, all artists, to support up to ten couples, plus three staff, guests and our photographer.
Our studio sessions are held in the Gallery education studio. The sessions are carefully designed by AGWA educators and our AAWA Art Therapist, to create structure and a successful outcome. Each month the group has a different focus, from Lego and clay, to Still Life.
Experimenting with mono printing and inks
“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”
Some couples have attended since we began. Wonderful friendships have developed over the years and the group shares a lot of love, affection and tender moments.

Making new friends

Intergenerational
The art sessions offer a unique opportunity for Graham to express his love for Ruth......
Paper clay is a versatile medium that can also hold hidden messages....
A Christmas group session with a saxophone player and a singer is another great opportunity.....
Creating an interpretation of Monet’s garden
A couple painting a picture together of their granddaughter, on a calico bag
Modelling clay bowls for the first time
Creating tissue paper and coloured paper landscapes
A special experience shared between grandson and grandfather
Creating designs for a monoprint using ink and pencil
Experimenting with texture, colour, and the work of Guy Grey Smith
Matisse inspired coloured paper cut outs
Exploring and appreciating the colour and form of the Australian landscape
Acrylic paints, pastels and pencil on acid free card
Peaceful, quiet concentration, together.
Please enjoy our current art exhibition, which showcases the work produced by our group.

For any further information please contact

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Research and Consultancy
Alzheimer’s Australia WA
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