



31<sup>st</sup> International Conference of Alzheimer's Disease International

# The Creative Caregiving Initiative- Flourishing Through the Art of Caregiving





Why develop this initiative?

**To support caregivers and families in  
creating more quality moments**





**Caregivers long for positive interactions  
with those they care for.**

**Caregivers lack creative resources.**

**Caregivers feel isolated.**

**Caregivers face higher levels of stress.**





# The Creative Caregiving Initiative

**IMAGINE A WORLD** where every caregiving act for adults with cognitive disorders contributes to quality days for both caregivers and their caregiving partners.

[CreativeCaregiving.CreativeAging.org](http://CreativeCaregiving.CreativeAging.org)

NATIONAL CENTER FOR  
**CREATIVE AGING**



THE *Pabst*  
CHARITABLE FOUNDATION FOR THE ARTS



NATIONAL CENTER FOR  
**CREATIVE AGING**



[www.creativeaging.org](http://www.creativeaging.org)



[www.helpforcaregivers.org](http://www.helpforcaregivers.org)

THE *Pabst*  
CHARITABLE FOUNDATION FOR THE ARTS

[www.pabstfoundation.org](http://www.pabstfoundation.org)

**The National Center for Creative Aging** is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging and to developing programs that build upon this understanding.

**Share the Care** is a not-for-profit organization providing services, education, training, and support to family caregivers, enabling them to maintain their family member at home, delaying or eliminating the need for institutional care.

**The Pabst Charitable Foundation for the Arts** has the mission to support innovative, interdisciplinary, and diverse artists and art forms that will have ongoing impact in communities.

# The NCCA Creative Caregiving Initiative<sup>©</sup>

*Flourishing through the Art of Caregiving*

A free, web-based and community-shared resource for family and professional caregivers of adults who live with Alzheimer's disease and related cognitive disorders.





# Creative Caregiving Guide

- Online participatory arts toolkit
- Collaboration: National Center for Creative Aging, UCF, and national panel of artists
  - <http://creativecaregiving.creativeaging.org>
- 7 modules (8 – 20 minutes) include poetry, music appreciation, singing, dancing, painting/collages

# NCCA Creative Caregiving Initiative<sup>©</sup>

*Flourishing through the Art of Caregiving*

**Log In** to any computer, tablet, or phone;  
**Review** your favorite video & theme,  
**Enjoy** with your caregiving partner, and if you choose,  
**Report Out** using the research link and  
**Connect** to share a global gallery in the cloud!





# Master Teaching Artists

**Gary Glazner** | Alzheimer's Poetry Project

**Maria Genné** | Kairos Dance Alive!

**Laurel Humble** | MoMA Alzheimer's Project


**Judith-Kate Friedman** | Songwriting Works

**Anne Basting** | TimeSlips

**Elizabeth "Like" Lokon** | Opening Minds through Art,  
Scripps Gerontology Center, Miami University

**Jorge Merced** | Pregones Theatre Teatro Pregones Puerto  
Rican Traveling Theater



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- **Most common benefits:**
    - spending quality companion time with loved one rather than caregiving time
    - controlled breathing and warming exercises at beginning of each lesson
  - **Several specific comments included:**
    - “Introduced strategies that they never would have thought of at home.”
    - “Enjoyed the activities because it allowed us to do more than just sit around.”
  - **Most common complaint:** difficulty gathering the art supplies needed to complete the lessons.

Source: Wan TTH. *A Pilot Study on Health-Related Quality of Life and Caregiving Burden of Caregivers for Dementia: A Cross-sectional Report on the Pre-Test Assessment Results.* *J J Geronto.* 2016, 2(1): 016

