

APPENDIX: PRESENTATIONS

Keynote Presentation

Arts Interventions for Older People

Janet Morrison
Chief Executive, Independent Age
Management Group – Campaign to End Loneliness
Vice Chair – the Baring Foundation

Summary

The presentation will cover the particular challenge of isolation and loneliness in older age, with a focus on the role the arts can play, their proven benefits and some examples of great practice in a variety of settings – from hospitals, care homes, to community, working with older people themselves and their carers to training care workers to improve the quality of care they give.

Speaker's Biography

Janet Morrison is Chief Executive of Independent Age a national advice, befriending and campaigning organisation for older people in need. She is founder of the Campaign to End Loneliness - a coalition of over 1,000 organisations - to raise awareness of loneliness in old age and promoting what works to address it. Janet is also Vice Chair of the Baring Foundation, a member of their Strengthening the Voluntary Sector Committee and Chair of the Arts Committee - which is currently funding an arts and older people programme, focusing on the role of arts practice in preventive and care home settings. She was also previously Deputy Chief Executive of NESTA - the National Endowment for Science Technology which pioneered creativity and innovation in the UK and a senior adviser on UK Policy at the BBC and Director of Policy and Research at the National Council for Voluntary Organisations.

Presentations

Applying Arts in EPICC as Integral to the Older Persons' Well-Being

Don Tan

Social Worker, Hua Mei EPICC, TSAO Foundation

Ruth Wong

Manager

Day Club Programme, Hua Mei EPICC, TSAO Foundation

Summary

The Hua Mei EPICC (Elder-centred Programme of Integrated Comprehensive Care) provides interdisciplinary care within a day care programme for nursing-home eligible, frail elders to age optimally at home. A range of arts activities such as percussion, ceramics and watercolours are offered as a way to provide a sense of purpose and fulfilment for each individual.

<http://tsaofoundation.org/index.php/what-we-do/services-programmes/about-hmcsa>

Arts & Dementia Project

Theresa Lee

Executive Director

Alzheimer's Disease Association (ADA)

Dr Donald Yeo

Volunteer at Alzheimer's Disease Association

Summary

ADA has initiated and developed a series of dementia-specific photography and museum tours using the Person Centred Dementia Care approach. Activities are designed to maximise individual sensory and memory stimulation to engage clients to respond imaginatively even as other abilities decline.

<http://www.alz.org.sg/>

Empowering Seniors through Arts Interest Groups

Yu Qinghui

Centre Manager, AWWA Seniors Activity Centre

Seniors are empowered to age actively through a range of recreational and social activities. The long-running craft interest group meets regularly to work on projects together, learning skills from each other and enhancing their social interaction alongside maintaining fine motor skills.

http://www.awwa.org.sg/index.php?option=com_content&view=article&id=33&Itemid=47

Arts Toolkits – Building a Sustainable Programme

Angela Tan

Manager (Arts & Communities), National Arts Council

The Recycled Toolkit and 2-Dimensional Art Toolkit provides project ideas and a programme framework for centre staff or volunteers to start regular arts activities. Activities can be tailored for different mobility levels and used as a means to enhance communication within the group or with caregivers.

APPENDIX: NAC ART TOOLKITS

Recycled Arts Toolkit

This toolkit guides facilitators to use basic everyday materials that are typically discarded to recycle into functional products. 10 basic projects focus on introducing different craft techniques such as knotting, weaving, quilling and can these can then be developed into new projects based on variations in material, function and form.

2-Dimensional Art Toolkit

This toolkit guides facilitators on basic 2D art making techniques such as printing, collage, straw painting and focuses on providing a non-judgmental process to art-making. There are 10 basic project ideas; each comes with a group work variation and a functional variation. It also provides suggestions to the structure of activities so as to set aside time for sharing and reflection.