

## Arts & Culture Research Symposium 2020

21 July 2020, Tuesday, 3-5pm

Zoom Videoconferencing

Theme: Arts & Health

### Conference Proceedings

<b>4</b>	<b>The Impact of Arts-based Programmes in Dementia Care</b> Dr Donald Yeo Clinical Neuropsychologist Associate Trainer, Alzheimer's Disease Association
4.1	The Alzheimer's Disease Association's (ADA) Arts and Dementia programme started in 2013, with the support from NAC's Research Grant, to bring arts seriously into dementia care. This study highlights the core findings of the evaluation of the impact of arts-based programmes organised by ADA, through the surveys and interviews of 165 people.
4.2	<p>The programme has 3 overarching objectives:</p> <ol style="list-style-type: none"><li>The first objective is a direct enrichment of persons living with dementia, to increase their quality of life and help them find purpose and positive engagement in life.</li><li>The second objective is more indirect, which is to offer family care partners respite and educational opportunities through the programme, and replicate the learnings in their own home environment.</li><li>Thirdly, the programme hopes to reduce stigma and promote a dementia-inclusive society in Singapore and worldwide.</li></ol> <p>These objectives revolve round three main groups of people, namely:</p> <ol style="list-style-type: none"><li>People living with dementia and their wellbeing</li><li>Family care partners and their perceived caregiving stress and gains, value-adding to the scarce existing literature on positive interactions as most studies conducted are about removing and reducing negative behaviour</li><li>Community, defined as people who are directly involved as volunteers, observers and artists, and their attitudes and perspectives</li></ol>
4.3	<p>The programme foundations for <i>Dementia to Re-mentia</i> are three-pronged:</p> <ol style="list-style-type: none"><li>Firstly, a person-centred programme. For persons living with dementia, it is about increasing their sense of identity through meaning-making, pleasure, inclusion, autonomy and connection. More importantly, it revolves round the living the thriving of the personhood for both the persons living with dementia and their caregivers, with the focus on lived spirits to create opportunities for a re-mentia process.</li><li>Secondly, a partnering and co-creation process. Instead of looking at caregiving as a one-way traffic, it is about giving hope and appreciation to what it truly means to dance and partner with persons with dementia.</li></ol>

	<p>c. Lastly, around these 2 groups of people, the creation of supportive social environments that are dementia-friendly (awareness), dementia-inclusive (acceptance), and dementia-enabling (empowering to persons and families living with dementia).</p>
4.4	<p>The study examines the first group of people: persons living with dementia and their wellbeing. Their mood and engagement scores were observed through 2 behavioural observational tools, Dementia Care Mapping (DCM) and Bradford’s Well-Being Profile (WBP), obtained from the programme and dementia centres. A few case studies were elicited:</p> <p><b>a. Art appreciation and artmaking activities conducted at 2 cultural heritage centres, Peranakan Museum and Malay Heritage Centre</b></p> <p>The study showed an improvement in the baseline mood and engagement scores of the persons with dementia who participated in these cultural heritage programmes. The programmes focus on storytelling from the perspective of persons living with dementia, supported by the caregivers, volunteers and museum guides. It is about validating, receiving and learning from their lived experiences, and understanding how they interpret their world using museum artefacts and photographs. It is also about the enjoyment and inclusivity of the experience, allowing the volunteers, young people and staff involved in the programmes to look at their world from their perspectives.</p> <p><b>b. Photography Tour</b></p> <p>This tour was successful in creating positive experiences by inviting persons with dementia to look at the world through their lens. Rather than focusing on the technical specifications of photography, it is more about having fun and being creative with the tool to create conversations and interactions.</p> <p><b>c. Sing Out Loud!</b></p> <p>This programme was in collaboration with the Esplanade, successfully bringing the persons with dementia onstage to perform. As they were working towards the outcome of a live performance, this became a purposeful engagement in their practice of singing and dancing, resulting in an increase in mood and engagement value overtime.</p>
4.5	<p>The second group of people examined consist of the care providers. Two measures are utilised to look at the perceived caregiving stress and gains:</p> <p>a. Zarit Burden Interview; and</p> <p>b. Gain in Alzheimer care Instrument.</p> <p>The care providers were also invited to attend focus group discussions. A common thematic strand that emerged revolves round the persistence and resonance of these activities beyond the centres and programmes, where caregivers bring back the learnings to their living environment. These caregivers also discovered what makes persons with dementia happy, giving the families hope in creating positive and meaningful moments. While the respite from these programmes is temporary, the effects are meaningful and long-lasting, making caregiving more manageable. Caregivers also noticed positive changes in their loved ones during and after the programme, which included greater social engagement, contentment and development of new interests.</p>

4.6	<p>Lastly, the study also examined the societal attitudes and perspectives towards dementia, of people who are directly involved in the programme, including student interns, staff, volunteers and artists. The 2 self-reported measures used were:</p> <ol style="list-style-type: none"> <li>a. Approaches to Dementia Questionnaire (ADQ); and</li> <li>b. Dementia Attitudes Scale (DAS).</li> </ol> <p>3 groups of volunteers with varying degrees of experiences were involved, with the breakdown as follows:</p> <ol style="list-style-type: none"> <li>a. New volunteers (first-timers with no experience)</li> <li>b. Volunteers with 1 to 3 months of experience; and</li> <li>c. Volunteers with more than 3 months of experience.</li> </ol> <p>There were clear differences across the 3 groups, as encapsulated in their hopefulness towards the programme. Results show that the volunteers who had more experience are more hopeful, with a 16.4% difference in hope scores (out of 40) between the group of new volunteers and most experienced ones. Belief and Advocacy for the person-centred approach was also captured using the personhood scores (out of 55). Through the focus groups, the volunteers were able to see how the arts bring joy to the people living with dementia and their closed ones.</p>
4.7	<p>A four-minute video was screened at the end, featuring the various activities under the Arts and Dementia programme, including:</p> <ol style="list-style-type: none"> <li>a. <b>Peranakan Museum tour</b> Encouraging reminisce and personal artistic expression through visual art appreciation and art making, as well as an appreciation of Peranakan heritage</li> <li>b. <b>A walk through Kampong Gelam</b> Encouraging cultural traditions of Singapore's Malay cultural heritage, building individual strengths through collective participation, finding new ways to communicate and express feelings, as well as facilitating social inclusion and connection for the participants</li> <li>c. <b>Photography tour</b> Deeper engagement strengthens personhood and self-identity, allowing the participants to make use of creative skills to recreate beauty in community spaces</li> <li>d. <b>Pottery class</b> The class provides sensory stimulation, experimentation and creative engagement through purposeful and empowering learning</li> <li>e. <b>Sing out loud!</b> Group singing and dancing rekindles passion and promotes self-expression through reminiscence. These purposeful activities and shared experiences are also founded upon meaningful interactions, further perpetuating positive attitudes and perceptions.</li> <li>f. <b>Memories café: meaningful interactions</b> Through engagement in artistic activities and informal social interactions, meaningful interactions amongst the participants and their caregivers boost self-worth</li> </ol>