

The Impact of **Arts**-based Programmes in Dementia Care

An evaluation of the Arts & Dementia Programme

PROJECT BY:



WITH THE SUPPORT OF:



Arts & Dementia Programme

- ▶ First developed in 2013 with support from the National Arts Council (NAC)

- ▶ Objectives:
 1. Foster an enriching, purposeful and positive engagement for people living with dementia
 2. Offer respite for family care partners
 3. Reduce stigma and promote a supportive and dementia-inclusive environment in the community

Research Objectives

- ▶ Measuring specific impact on:
 1. Well-being of persons living with dementia
 2. Family care partners and their perceived caregiving stress and gains
 3. Attitudes and perspectives of the community towards dementia

From **Dementia** to **Rementia**

Person centered

Dementia Care

- Identity
- Meaning
- Pleasure
- Inclusion
- Autonomy
- Connection
- Living & Thriving

Transforming Care-Giving to Care-Partnering

- Hope
- Purpose
- Compassion
- Appreciation
- Dancing with Dementia

Supportive Social environments that are

- Dementia-Friendly (Awareness)
- Dementia-Inclusive (Acceptance)
- Dementia-Enabling (Empowerment)

1. **Well-being** of persons living with dementia

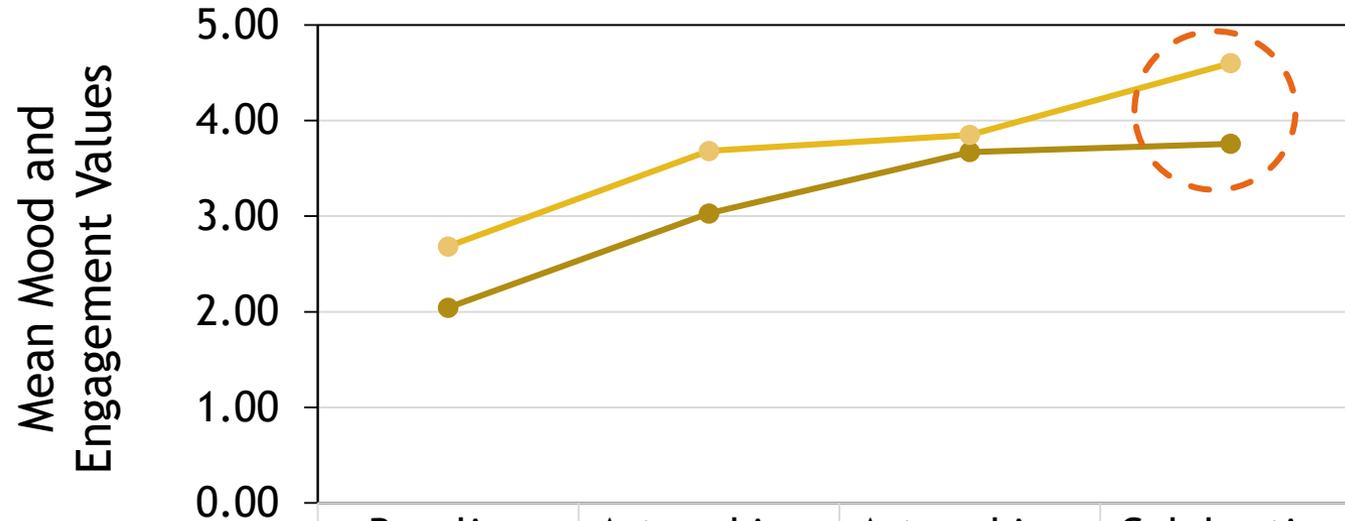
Observer-rated Scales

Dementia Care Mapping (DCM)

Bradford's Well-being Profile (WBP)

Baseline measures: ADA's dementia centres for 2 hours

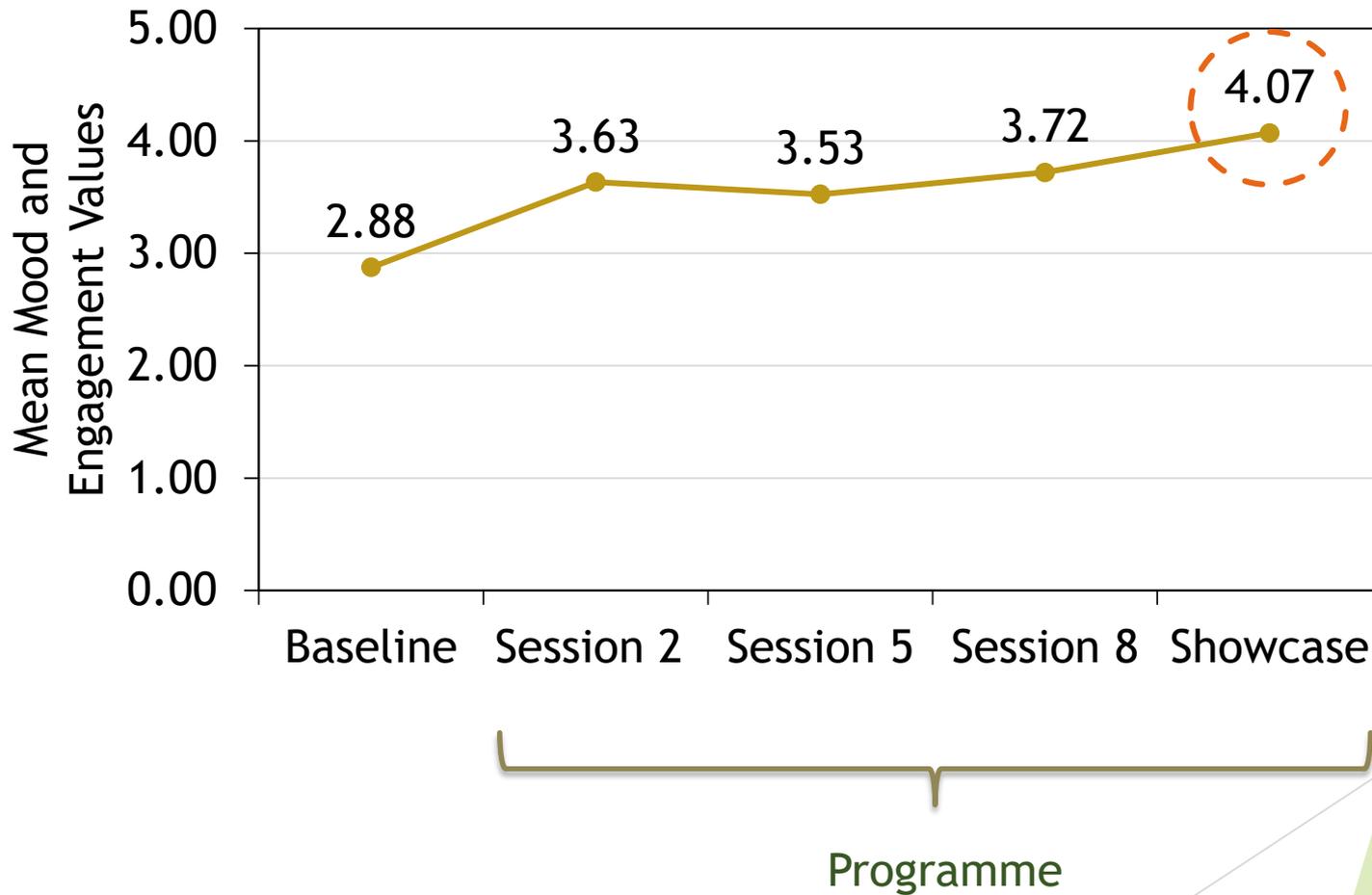
Cultural Heritage Centres



	Baseline	Art-making	Art-making	Celebration
● Peranakan Museum	2.04	3.03	3.67	3.76
● MHC	2.68	3.68	3.85	4.60

Programme

Sing Out Loud!



2. Perceived **caregiving** stress and gains

Self-reported Measures

Zarit Burden Interview (ZBI-12)

Gain in Alzheimer care INstrument (GAIN)

Caregiver focus group discussions

Caregiver Focus Group Discussions

- ▶ Caregivers noticed positive changes in their loved ones during and after the programme.
 - ▶ Greater social engagement, contentment and development of new interests
- ▶ Temporary but meaningful respite
- ▶ Longer lasting benefits such as making caregiving easier and more manageable.

3. Societal **attitudes** and perspectives towards dementia

Self-reported Measures

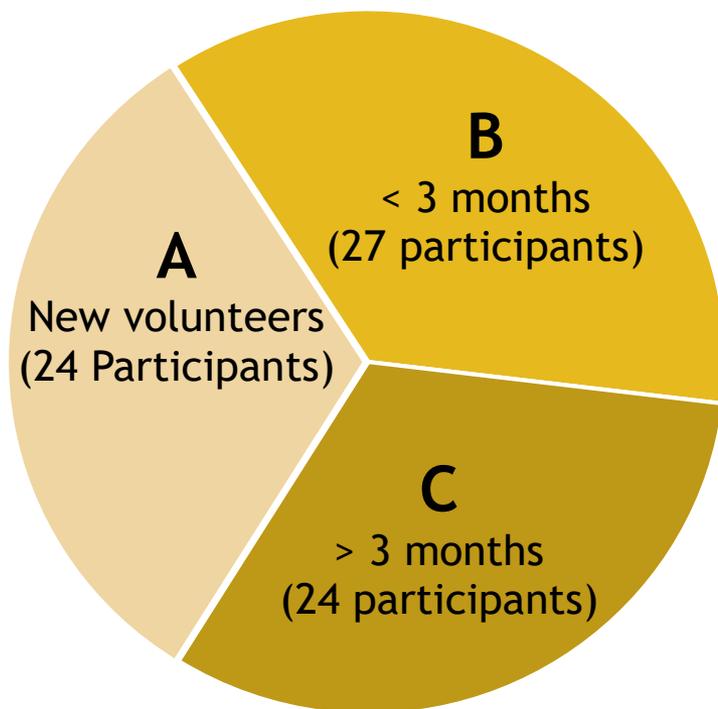
Approaches to Dementia Questionnaire (ADQ)

Dementia Attitudes Scale (DAS)

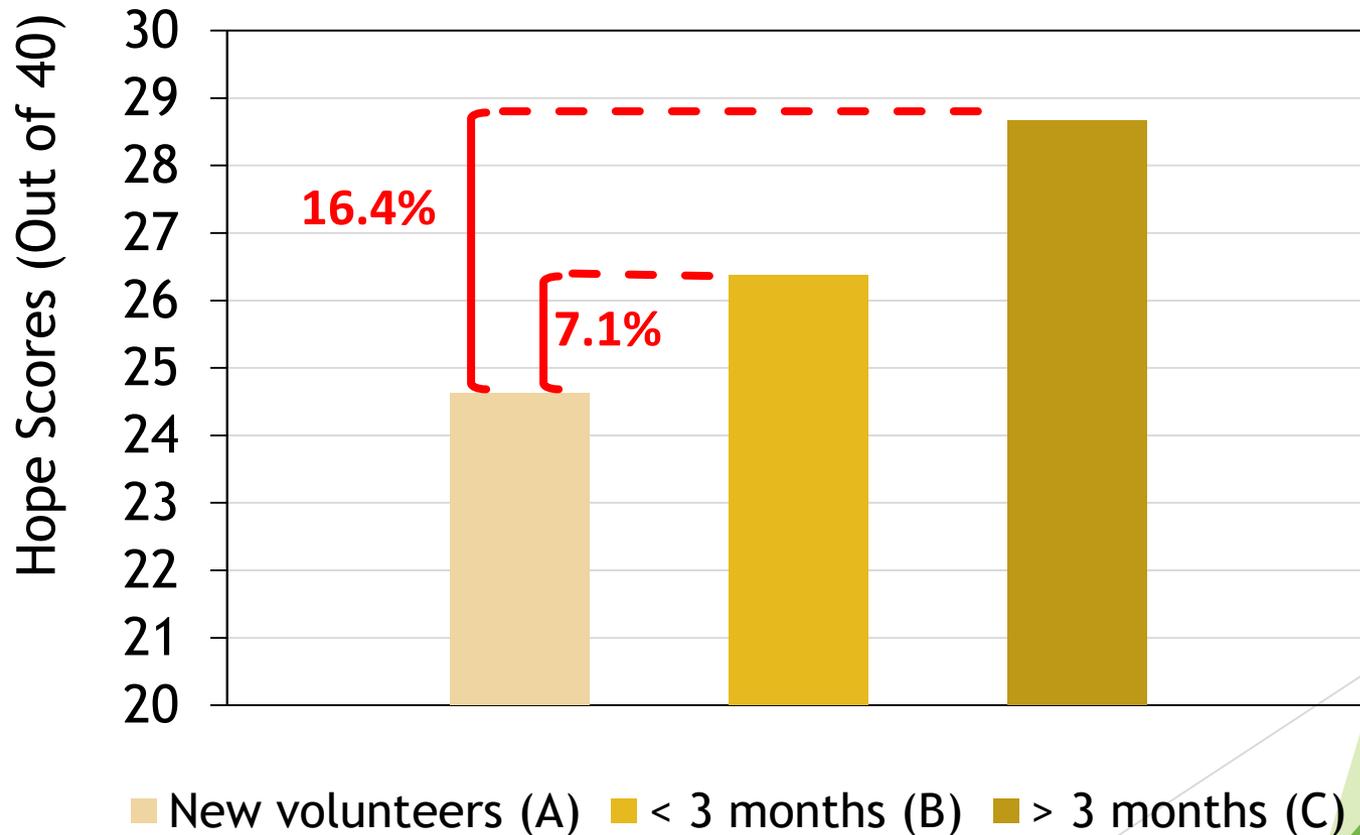
Community focus group discussions

Societal Attitudes Towards Dementia

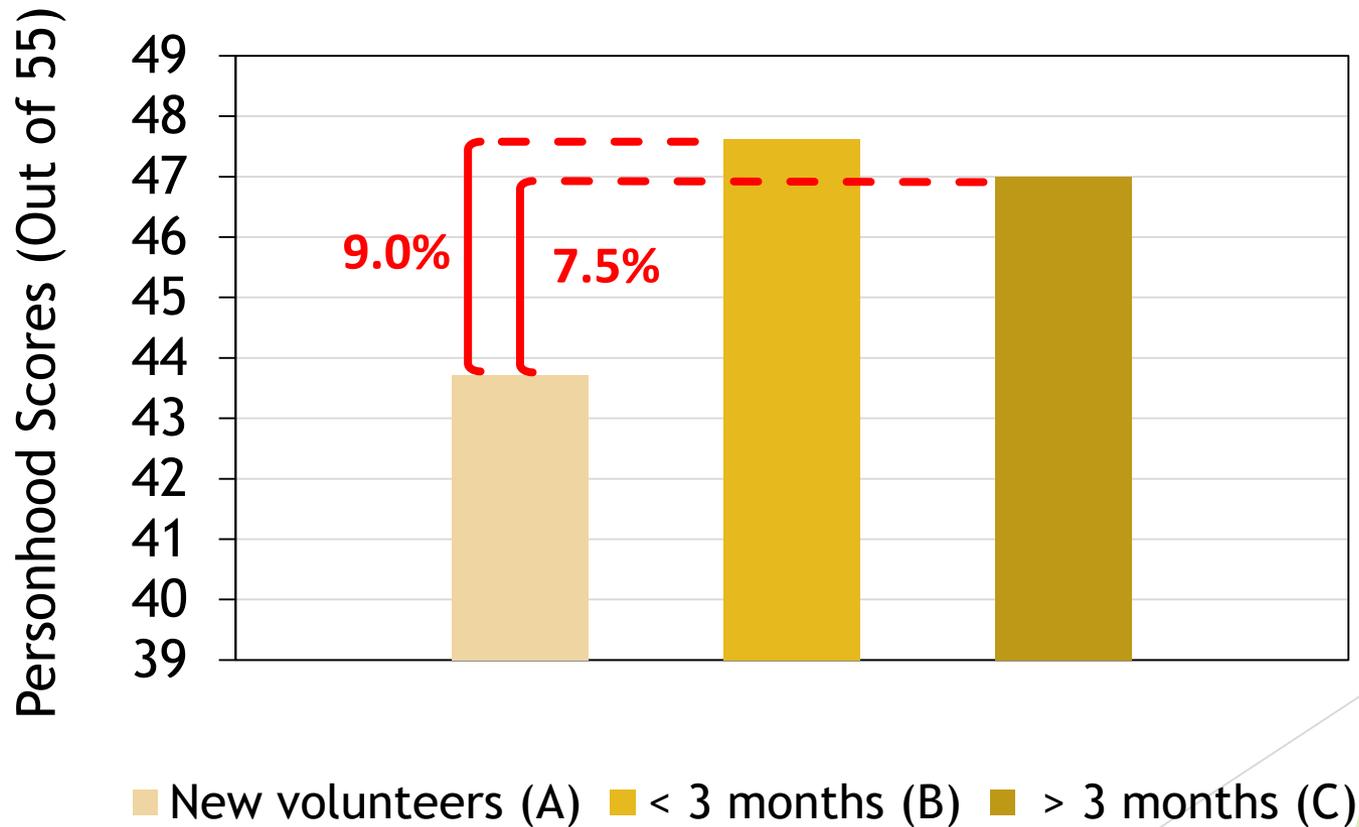
Breakdown of Participants by Duration of Programme Involvement



Hopefulness about Dementia



Belief & Advocacy for Person-centred Approach



Impact on Societal Attitudes

“
I could see that music is a universal language and it brought me so much joy to see the performers enjoying themselves with movements, rhythm and songs.

- Ms L, Arts & Dementia Artist

“
Don't talk about what you cannot do, but what you can do. There are still many things they can do.

- Ms H, Arts & Dementia Volunteer

Summary of Research Findings

- ▶ Participatory arts provide a safe & fun space for self-discovery, interaction and personal growth
- ▶ Persons living with dementia do not require previous knowledge or skills in the arts to experience the benefits of arts-based programmes
- ▶ Positive trends in the caregiving experience
- ▶ Greater involvement of volunteers & artists is associated with more positive attitudes towards dementia

Future Directions

- ▶ Longitudinal study on caregivers & community attitudes from participating in arts-based programme.
- ▶ Evaluating the specific impact of participatory arts by observing elements of interaction or engagement that “works” - developing deeper insights about why it might “work”, for whom, in what context, and when.
- ▶ Further exploration of what makes an activity “meaningful” for persons living with dementia; conceptual understanding of “connectedness” to self, others (community) and the environment (nature).