



arts in
ELDERCARE
SEMINAR 2017

6 September

Guest-of-Honour

Grace Fu




Minister for Culture, Community & Youth



INTRODUCTION

The Arts in Eldercare Seminar is an annual platform bringing together social and healthcare practitioners, artists, aged care policymakers and funders to explore how engagement in the arts can contribute to the psychosocial well-being of seniors. This year, the Seminar will share innovative programme models from regions such as Australia, Taiwan and Singapore.

Topics covered:

-  Evidence-based perspectives in Arts and Ageing
-  Arts & health programmes in different care settings
-  Intergenerational collaborations

PROGRAMME



8.00AM ONWARDS **REGISTRATION**
(seated by 8.50am)

9.00AM - 9.10AM **PERFORMANCE BY OTAI**

9.10AM - 9.20AM **WELCOME SPEECH**
Guest-of-Honour, Grace Fu
Minister for Culture, Community and Youth

9.20AM - 10.20AM **ARTS HEALTH INSTITUTE - BRINGING CREATIVITY TO CARE**
Maggie Haertsch
Co-founder and CEO of the Arts Health Institute (Australia)

The arts provide a platform for self-expression that can boost self-esteem and offer a sense of fulfilment, connecting us with our core identity and with others around us. Maggie will be sharing about the different approaches the Arts Health Institute adopts in the integration of arts in health and aged care environments. Health professionals and artists work together to improve healthcare delivery through various person-centred arts programmes that build purpose and social connection, and lift mood through positive creative experiences. The organisation also partners with national research bodies to understand the effect the arts has on intervention and healthcare delivery.

10.20AM - 10.50AM **THE ARTS FOR AGEING WELL: A SINGAPORE EXPERIENCE**
Andy Ho
Assistant Professor of Psychology, School of Social Sciences, Nanyang Technological University of Singapore

Despite the many potential benefits of the arts, population-based evidence that support its efficacy in promoting wellness among seniors is lacking internationally, and especially in the Asian context. This presentation shares the findings from a groundbreaking study that systematically examined the landscape of arts participation among Singapore's older adults via a large stratified random household survey. It further investigates the relationships between arts engagement and holistic well-being through naturalistic observational data with regression and propensity score matching analysis.

10.50AM - 11.20AM **TEA BREAK**

11.20AM - 12.20PM **PROJECT SHARING**
ENGAGING THE ELDERLY THROUGH THE PERFORMING ARTS - THE CASE OF ESPLANADE
Grace Low
Head of Community Engagement, Esplanade

VIRTUALLY HOME
Lee Sze-Chin
Artist, Art Therapist, and Art Educator

MUSIC - ENJOYMENT AND EXPRESSION FOR SENIORS (LET THE HARPS SOUND)
Katryna Tan, *Artist*
Polly Koh, *Senior Participant*



12.20PM - 1.45PM

LUNCH

(Free and easy, refer to page 8 for food options)
(Seated by 1.45pm)

2.00PM - 2.10PM

HARP PERFORMANCE BY CONCERN AND CARE SOCIETY

2.10PM - 3.00PM

CREATIVE AGEING - HISTORY ALIVE IN TAIWAN 2005-2017

Tsai Ying-Ju
Director of History Alive (Taiwan)

The History Alive programme originally devised by Elders Share The Arts in the USA, was adapted by the Godot Theatre Company and Shin Kong Life Foundation for Taiwan's cultural and social context. The programme has been integrated into elementary school curriculum, where seniors visit the schools to share their life stories through story-telling and guide students to have a new understanding of the value of age, closing the generational gap in communication. Tsai Ying-Ju's keynote will also share the development and evolution of History Alive programme into intergenerational stage plays with original scripts based on reminiscences from the seniors.

3.00PM - 3.20PM

PROJECT SHARING

WEAVING TAPESTRY OF GENERATIONS - INTERGENERATIONAL PROGRAMMING BY NTUC FIRST CAMPUS (MY FIRST SKOOL) & NTUC HEALTH SILVER CIRCLE AT BRADDELL HEIGHTS

Poh Jia Yi
Centre Principal, My First Skool – Braddell Heights

YOLDEN (ARTS) – AN INTERGENERATIONAL ARTS-BASED VOLUNTEERING INITIATIVE IN THE COMMUNITY CARE SECTOR

Daniel Wong Jinghe
ILTC Quality, Innovation and Productivity Division, Agency for Integrated Care

3.20PM - 4.00PM

PANEL DISCUSSION

INTERGENERATIONAL APPROACHES TO ARTS PROGRAMMING

Maggie Haertsch
Tsai Ying-Ju
Poh Jia Yi
Lisa Wee

Moderator: Jean Loo, Artist

4.00PM

END OF SEMINAR

OPTIONAL GUIDED TOUR:

WeCare Arts Exhibition
(By registration only)
Venue: OTH Festive Walk
Duration: 30 mins

KEYNOTE



Maggie Haertsch

Co-founder and CEO of the Arts Health Institute, Australia

Dr Maggie Haertsch is a co-founder and CEO of the Arts Health Institute (AHI). She has led AHI to become one of Australia's largest and fastest growing arts-in-health bodies delivering pioneering research and innovative programmes in the area of aged care, dementia, social isolation, hemiplegic, cerebral palsy, Parkinson's Diseases and more. AHI implements national programmes that employ professional artists alongside health professionals to deliver interventions with an evidence-based therapeutic benefit. Maggie has 30 years of experience in the health sector and holds a doctorate in behavioural sciences in medicine.



Andy Ho, Nanyang Technological University

Assistant Professor of Psychology, School of Social Sciences, Nanyang Technological University of Singapore

Dr Andy Ho is a psychologist and academic who specialises in psychosocial gerontology, thanatology, holistic therapies and community empowerment. With deep passion to foster compassionate citizenship in an increasingly segregated world, he has developed many empirical and participatory research programmes that promote active ageing, dignified end-of-life care, and population mental health via expressive arts and mindfulness-based interventions. Andy has authored numerous books and most recently embarked on an empirical study 'Arts & Ageing Well', examining arts engagement and its effects on holistic wellbeing of the elderly in Singapore.



Tsai Ying-Ju

Director of History Alive, Taiwan

Tsai Ying-Ju is the Director of History Alive (HA), an intergenerational community theatre programme that shares elders' life stories in schools and on stage. HA is successfully adopted into Taiwan's national educational plan and implemented in 150 schools with the support of Taiwan's Ministry of Education. Tsai's experience has been sought out in China, where she is invited regularly to conduct workshops for actors, musicians and the elderly. She sees her main mission in life as an educator, using the arts to bring communities together and to challenge the existing stereotypes of ageing. Tsai has an MFA in Acting and Performance Theatre from Taipei National University of the Arts (Taiwan).

SPEAKERS/PANELLISTS



Lee Sze-Chin

Artist, Art Therapist, and Art Educator

Lee Sze-Chin's art practice focuses on themes of culture, memory, and nostalgia, and his body of work consists of performative pieces that leverage technology as a tool to question memory and time. As an artist, art therapist, and art educator, Lee Sze-Chin values a multidisciplinary approach to art making for himself, his clients and his students. He was drawn to these healing qualities and it stimulated him to explore the intersections of art education, art and art therapy. Sze-Chin holds an MA in Art Therapy from the School of the Art Institute of Chicago and a BA (Hons) Fine Art from Goldsmiths, University of London; he is also a licensed professional counsellor and registered nurse.



Katryna Tan

Artist

Katryna is an award-winning harpist with over ten years of teaching experience here in Singapore and Malaysia. Katryna is well-known as a passionate and nurturing educator. In 2004, she founded Rave Harpers and under her direction, the harp ensemble has gone on to perform in various musical events and concerts, locally and internationally. Katryna most recently collaborated with Silver Arts to organise a community arts project for seniors. Katryna was awarded the prestigious national Young Artist Award 2005 by NAC and holds a Masters of Music degree in Harp Performance from the University of Michigan, USA.



Grace Low

Head of Community Engagement, Esplanade - Theatres on the Bay

Grace Low is Head of the Community Engagement unit at Esplanade, that organizes some 500 activities each year, reaching out to over 10,000 Voluntary Welfare Organizations (VWOs) beneficiaries. These include vulnerable children, at-risk youth, the elderly, persons with special needs, those marginalized as well as beneficiaries from low income households. In her free time, Grace volunteers in social mission activities that involve especially the sick and the elderly. In her presentation, she will be discussing the considerations, challenges and lessons learnt in conceptualising and developing the flagship projects involving seniors as well as how the arts uplift the human spirit.

SPEAKERS/PANELLISTS



Daniel Wong Jinghe

ILTC Quality, Innovation and Productivity Division, Agency for Integrated Care

As the programme lead for Agency for Integrated Care's YOLDEN (Arts), Daniel is instrumental in leading the team to pilot, implement and evaluate the initiative. YOLDEN (Arts) is an intergenerational arts-based initiative developed by AIC, Youth Corps Singapore (YCS) and the National Arts Council, bringing trained youth volunteers and Nursing Home seniors together. It aims to foster intergenerational bonds between youths and seniors over art-making, to positively impact wellbeing.



Lisa Wee

Programme Coordinator, Ren Ci Nursing Home

A strong believer in using arts to transcend creativity among the elderly, Lisa Wee joined Ren Ci Hospital as a Programme Coordinator (Art) and has been working with volunteer groups and partners to bring arts programme to the nursing home residents. In addition, she does needs assessment of clients in relation to programme management and facilitate the bridging of communications and relationships between clients and communities. Lisa is a graduate from University of Hertfordshire (Hons) in Illustration and major in paper cutting.



Poh Jia Yi

Centre Principal, My First Skool

Poh Jia Yi is the centre principal of My First Skool at Braddell Heights. She will be sharing on the conceptualization and implementation of an intergenerational collaboration between My First Skool and NTUC SilverCircle Elder Care Centre - co-located at the Braddell Heights Community Hub. Jia Yi graduated from Wheelock College with Bachelor of Science in Early Childhood Education and Leadership and has been a Principal for the last 5 years.



Jean Loo (Moderator)

Artist

Jean is a community artist who derives her energy from creating purposeful work. She is part of a Secret Projects Team at Lien Foundation, where she uses her interest in creativity, community mobilization and the arts to advocate for inclusive education and early childhood development. From 2008 to 2017, she ran Logue, a content creation studio that built social dialogue through community art, documentary film and photography. Jean has collaborated with the National Arts Council on various intergenerational projects like WHAT I'VE LOVED and FOUR FACES, where she brought together young artists and volunteers to reach out to communities that work with the elderly.

PERFORMANCES



ESPLANADE FOOTWORK FOR SENIORS HIP HOP DANCE PROJECT - OTAI

OTAI (short for "old-timers") comprises a group of fun-loving seniors aged between 60 and 80 years old from COMNET Senior Services under AMKFSC Community Services. The dance enthusiasts were first brought together as part of Esplanade - Theatres on the Bay's Footwork for Seniors hip hop dance project, which is one of Esplanade's initiatives to deepen arts engagement for VWO beneficiaries. This eight-session flagship dance project which took place from Nov to Dec 2016 sought to challenge preconceived notions about what the seniors can do and demonstrated that hip hop is not only for the young. Today, OTAI continues to hone their interest in hip hop and regularly practises the dance moves.



SILVER ARTS FESTIVAL - LET THE HARPS SOUND

Participants from Concern & Care Society joined "Let The Harps Sound", a music project where seniors learnt the basics of playing the harp and expressed themselves creatively through music. The artist Katryna Tan led the participants through 12 sessions of learning how to play the harp, exploring self and emotion through favourite songs, composing pieces and recording them in a professional studio. This is a collaboration between the National Arts Council and harpist Katryna Tan in conjunction with Silver Arts Festival 2017.

OUR TAMPINES HUB



DIRECTORY - FOOD & BEVERAGES

Ah Khoo Kopi Toast	#B1-39
Commonground	#O1-10/3
Daun Pandan Rice Dumpling	#B1-K16
Eatz 19 Express	#O1-84
Encik Tan	#O1-12
Fragrance	#B1-K17/K18
Griddy	#O1-86
Hawker Centre	#O1-31 to 73
Hei Sushi	#B1-K1/K2
Hong Kong Sheng Kee Dessert	#O1-81
Hurom Juice Café	#B1-K12/K13
KFC, KFC Coffee, Pizza Hut Express	#O1-13/14
Merely Ice Cream	#B1-52
Mr Bean	#O1-83
My Briyani House	#O1-15
Nam Kee Bao/Hongkong Egglet	#B1-K10/K11
Old Chang Kee	#B1-42
Out Of The Cake Box	#B1-43
Polar Puffs & Cakes	#B1-44
Qiji Express	#B1-K7
QQ Rice	#O1-82
Royal Gong Cha	#O1-K1
Rumah Makan Minang	#B1-47A
Saap Saap Thai	#O1-100
Si Chuan Dou Hua Restaurant	#O1-99
Starbucks Coffee	#O1-104
SUBWAY	#B1-52A
Sushi Express	#O1-101
Swee Heng 1989 Classic	#B1-40/41
Tenderfresh Classic	#O1-102
The Pizzeria	#B1-K3
The Saladbox	#B1-K4/K5
Toasties	#O1-85
Yoguru	#O1-84
99 Nonya Kueh	#B1-K14/K15

**Information above is correct at time of print*



ABOUT

NATIONAL ARTS COUNCIL

The National Arts Council champions the arts in Singapore. By nurturing creative excellence and supporting broad audience engagement, we want to develop Singapore as a distinctive global city where the arts inspire our people and connect our communities. We preserve our rich, cultural traditions while we cultivate accomplished artists and vibrant companies for the future. Our support for the arts is comprehensive - from grants and partnerships to industry facilitation and arts housing. The Council welcomes greater private and corporate giving to and through the arts so that together we can make the arts an integral part of everyone's lives. For more information on the Council's mission and plans, visit www.nac.gov.sg.

ARTREACH

ArtReach is an initiative of the National Arts Council to promote arts access to underserved communities for wellness, intervention and rehabilitation. It supports artists and social service organisations to collaborate on projects that use the arts to achieve social outcomes and initiates conversations through workshops and seminars. ArtReach also develops resources to help social care workers, healthcare workers and volunteers start and lead their own programmes. For more information, visit artsforall.sg/initiatives/artreach.aspx

SILVER ARTS FESTIVAL 2017

Silver Arts advocates the meaningful possibilities seniors have in the arts.

Organised by the National Arts Council since 2012, Silver Arts is an annual festival that collaborates with artists, arts organisations and community partners to integrate the arts into the lifestyles of seniors. From performances to workshops, seniors can showcase their creative talents through co-created content or learn a new skill, enhancing their overall well-being. The festival offers opportunities for seniors to share their stories that shape our collective memories, and forge stronger inter-generational understanding.

Into its sixth edition, this year's festival will take place over four weeks from 1 to 24 September island-wide. With an extensive line-up of arts programmes and activities, there will be something for everyone. Bring your parents, grandparents, family and friends to enjoy and experience this year's festival offerings!

For more info, visit silverarts.nac.gov.sg



Join us for a live Q&A Session

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and key in the passcode: **ARTS**

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