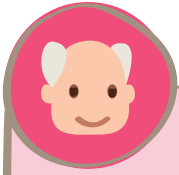




Impact of the Arts & Dementia Programme

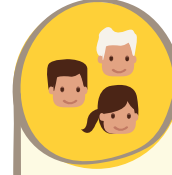
A Visual Summary



FOR PERSONS WITH DEMENTIA



FOR CAREGIVERS



FOR SOCIETAL ATTITUDES

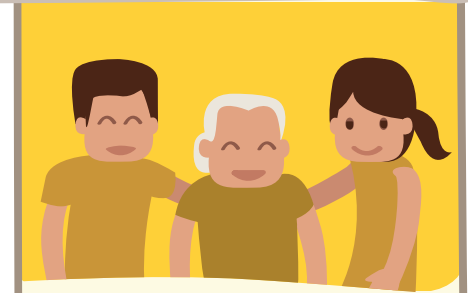
The Arts & Dementia programme aims to provide



- Enriching and purposeful stimulation
- Avenue for creative self-expression and reminiscence
- Social connection and engagement



- Shared activities to grow the bond with persons with dementia
- More companionship and interaction
- Personal growth and renewed perspective in life



- More social interactions between persons with dementia and the community
- Greater awareness about dementia to challenge misconceptions and stigma

Evaluation on the programme found



Better mood and engagement, and overall sense of well-being

- Reminiscence fostered a sense of identity
- Purposeful activities provided a sense of empowerment and achievement
- Activities in accessible community settings instilled a sense of social inclusion



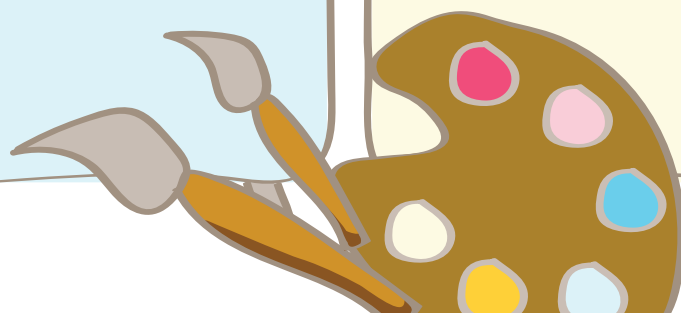
Benefits such as offering a meaningful respite and making caregiving more manageable

- Seeing persons with dementia engaged and contented brought relief and reduced any guilt that may be linked to leaving their loved ones in alternative care



Community members who took part in the programme had more positive attitudes towards dementia than new volunteers

- Frequent pleasant social interactions grew their bond with persons with dementia, fostering greater awareness and knowledge of dementia



C2 Let's Explore Peranakan Museum Persons with Dementia



BASELINE
Reality orientation and cognitive activities at the New Horizon Centre

PROGRAMME
6 visual art-appreciation and art-making sessions

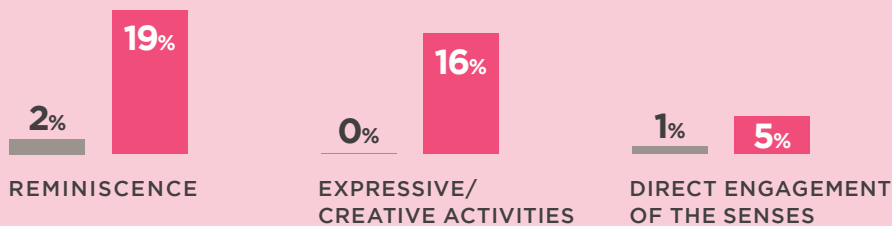
PARTICIPANTS
7 persons with dementia

Well-being was evaluated using **two observer-rated scales**



Dementia Care Mapping (DCM)

Heritage tours offered **more opportunities for interaction and engagement**

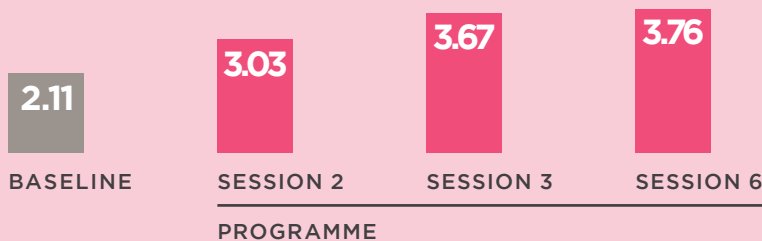


LEGEND

● BASELINE ● PROGRAMME

PERCENTAGE FIGURES CONVEY FREQUENCY OF OBSERVED BEHAVIOURS

More positive well-being



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

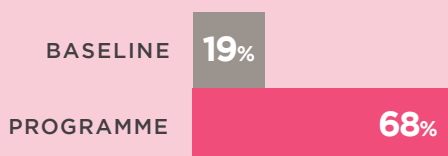
+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

Well-Being Profiling (WBP)

PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS

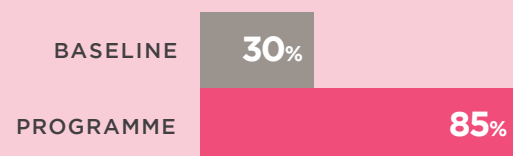
Greater sense of humour

Atmosphere of the sessions was lively and filled with jokes and laughter.



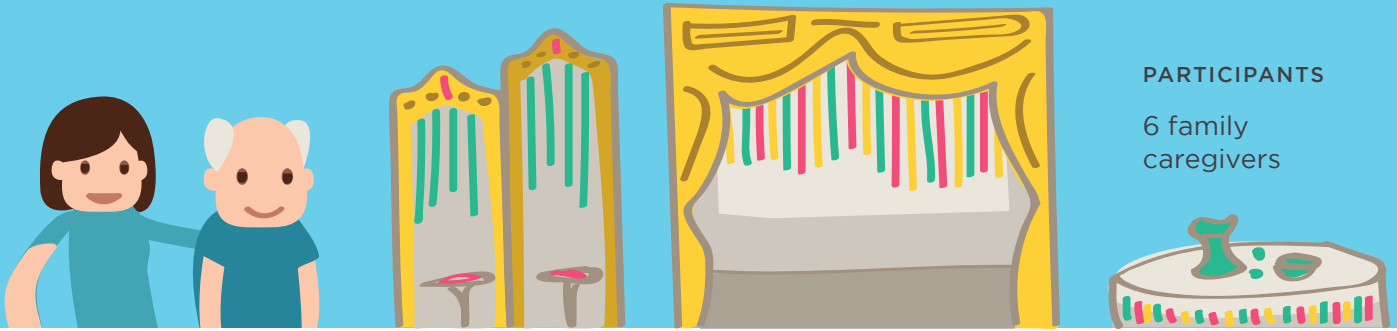
Greater sense of purpose

Contributing through their artwork enhanced participants' self-esteem and pride.



Let's Explore Peranakan Museum

Family Caregivers



PARTICIPANTS

6 family caregivers

Two questionnaires were completed before and after the programme

Zarit Burden Interview (ZBI-12)

LEGEND



RARELY



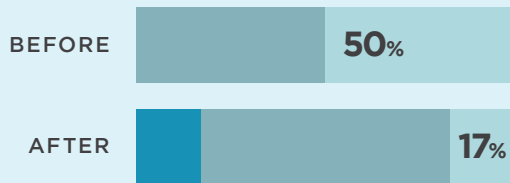
SOMETIMES



QUITE FREQUENTLY

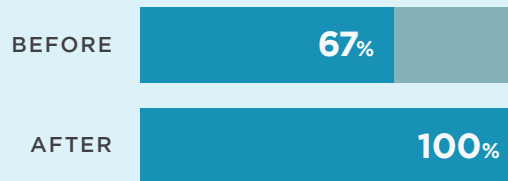
Less stress in caregiving

Caregivers who rated quite frequently feeling stressed between caring for their relative and coping with other work/family responsibilities **dropped from 50% to 17%**.



Improved relationships

Caregivers who rated rarely feeling that their relative worsened their relationship with family and friends **rose from 67% to 100%**.



Gain in Alzheimer care Instrument (GAIN)

LEGEND



AGREE



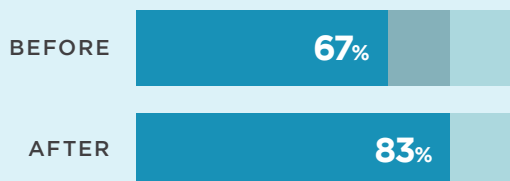
NEUTRAL



DISAGREE

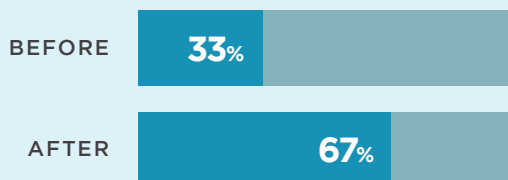
More patience and understanding

Caregivers who agreed that caring for their relative helped make them more patient and understanding **rose from 67% to 83%**.



More self-awareness

Caregivers who agreed that caring for their relative increased their self-awareness **rose from 33% to 67%**.



C4 A Walk through Kampong Gelam Persons with Dementia



BASELINE

Singing, dancing and physical activities at the New Horizon Centre

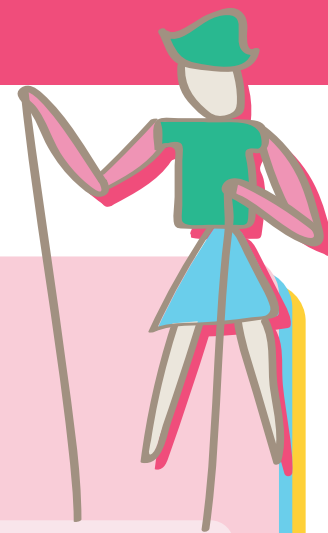
PROGRAMME

6 visual art-appreciation and art-making sessions

PARTICIPANTS

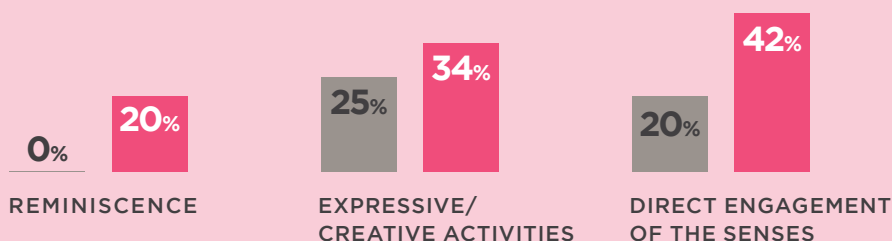
7 persons with dementia

Well-being was evaluated using **two observer-rated scales**



Dementia Care Mapping (DCM)

Heritage tours offered **more opportunities for interaction and engagement**

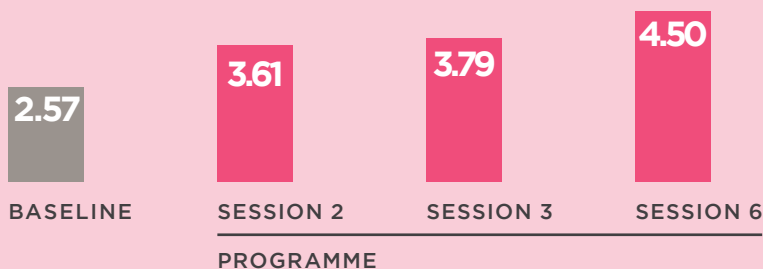


LEGEND

● BASELINE ● PROGRAMME

PERCENTAGE FIGURES CONVEY FREQUENCY OF OBSERVED BEHAVIOURS

More positive well-being



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

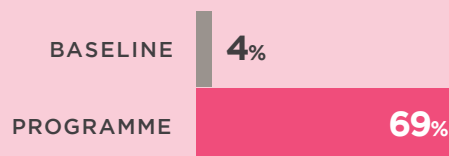
+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

Well-Being Profiling (WBP)

PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS

Greater sense of purpose

Participants were keen to share knowledge and experience whilst engaging in the activities. While learning new skills during the programme, there was a sense of achievement and pride as they admired their completed artwork.



A Walk through Kampong Gelam

Family Caregivers



PARTICIPANTS
7 family caregivers

Two questionnaires were completed before and after the programme

Zarit Burden Interview (ZBI-12)

LEGEND ● RARELY ● SOMETIMES ● QUITE FREQUENTLY

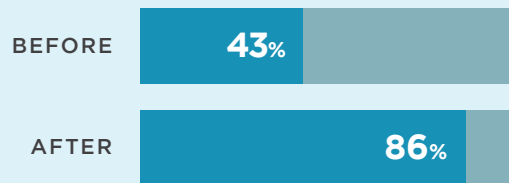
Less stress in caregiving

Caregivers who rated quite frequently feeling stressed between caring for their relative and coping with other work/family responsibilities **dropped from 29% to 14%**.



Improved health

Caregivers who rated rarely feeling that their health suffered because of caring for their relative **rose from 43% to 86%**.

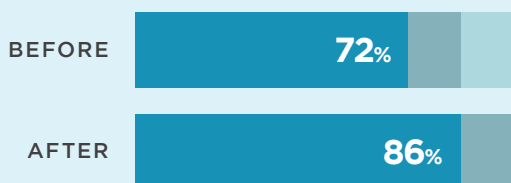


Gain in Alzheimer care Instrument (GAIN)

LEGEND ● AGREE ● NEUTRAL ● DISAGREE

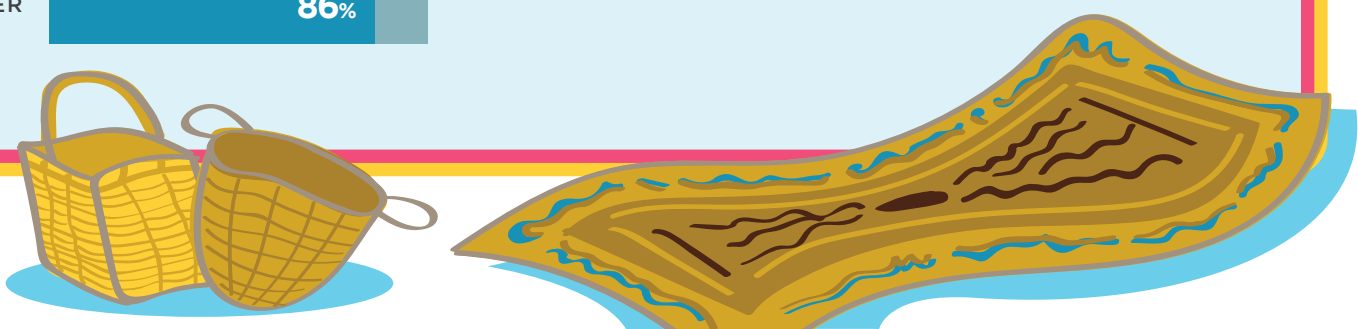
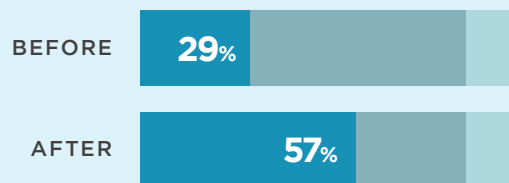
More strength and resilience

Caregivers who agreed that caring for their relative made them stronger and more resilient **rose from 72% to 86%**.



More self-awareness

Caregivers who agreed that caring for their relative increased their self-awareness **rose from 29% to 57%**.



C6 Take a Photo with Me Persons with Dementia



BASELINE

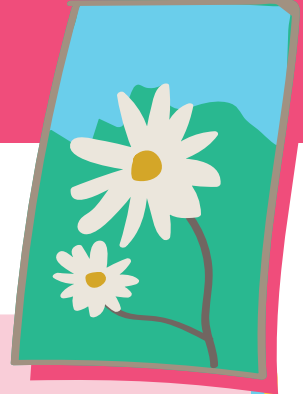
Reading, games and physical activities at the New Horizon Centre

PROGRAMME

7 photography sessions in community spaces (Gardens by the Bay and Peranakan Museum)

PARTICIPANTS

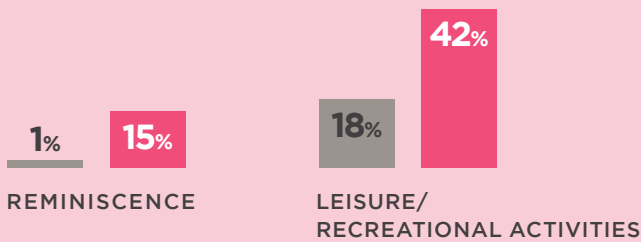
6 persons with dementia



Well-being was evaluated using **two observer-rated scales**

Dementia Care Mapping (DCM)

Taking photos and outings offered **more opportunities for interaction and engagement**

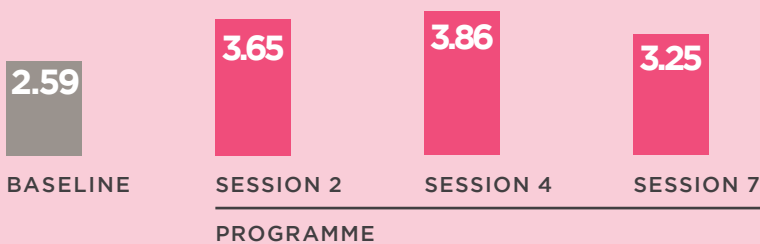


LEGEND

● BASELINE ● PROGRAMME

PERCENTAGE FIGURES CONVEY FREQUENCY OF OBSERVED BEHAVIOURS

More positive well-being



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

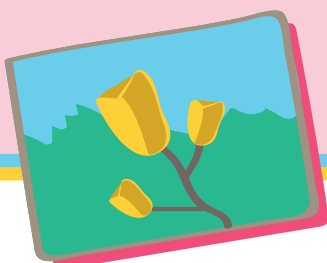
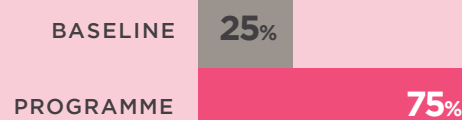
+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

Well-Being Profiling (WBP)

PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS

Greater creative expression

Participants displayed creative self-expression through photo-taking using digital cameras.



Take a Photo with Me

Family Caregivers



PARTICIPANTS

6 family caregivers

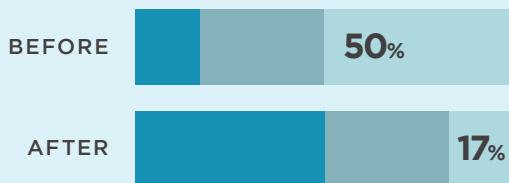
Two questionnaires were completed before and after the programme

Zarit Burden Interview (ZBI-12)

LEGEND ● RARELY ● SOMETIMES ● QUITE FREQUENTLY

More confidence in caregiving

Caregivers who rated quite frequently feeling that they could do a better job in caring for their relative **dropped from 50% to 17%**.



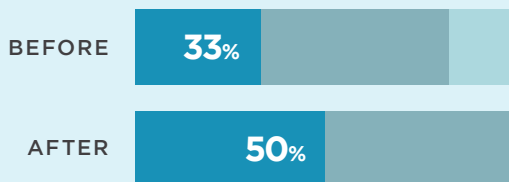
More adequate time for themselves

Caregivers who rated quite frequently feeling that they don't have enough me time due to spending time with relative **dropped from 50% to 17%**.



More sense of control

Caregivers who rated rarely feeling that they have lost control of their life **rose from 33% to 50%**.



Gain in Alzheimer care Instrument (GAIN)

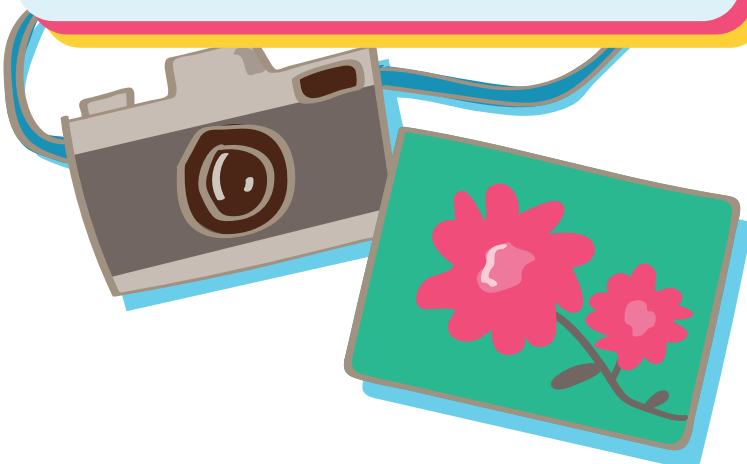
More self-awareness

Caregivers who disagreed that caring for their relative increased their self-awareness **dropped from 33% to 0%**.



LEGEND

● AGREE ● NEUTRAL ● DISAGREE



C8 Mould Your Dream Persons with Dementia



BASELINE

Usual activities held during Family of Wisdom

PROGRAMME

5 pottery-making sessions at Family of Wisdom

PARTICIPANTS

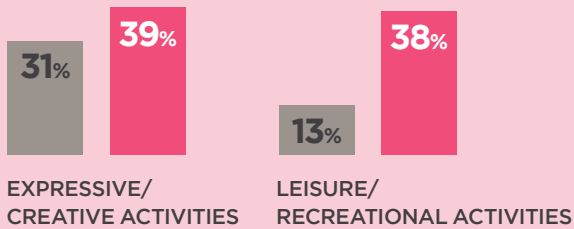
8 persons with dementia



Well-being was evaluated using **two observer-rated scales**

Dementia Care Mapping (DCM)

Pottery-making offered **more opportunities for creativity and relaxation**

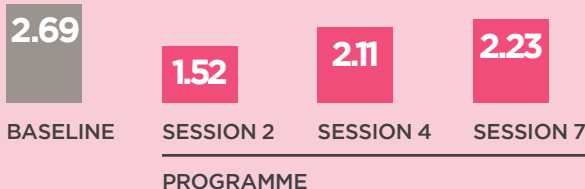


LEGEND

- BASELINE
- PROGRAMME

PERCENTAGE FIGURES CONVEY FREQUENCY OF OBSERVED BEHAVIOURS

Less positive well-being



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

What may have reduced the programme's impact



Participants need time to familiarise with the new programme before any positive impact could occur



Caregivers often took over the art-making, concerned that their loved ones would over-exert themselves

How it can be improved



Make activities more appropriate to the needs and skills of participants



Assist and encourage, instead of completing artwork for them



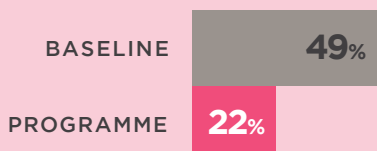
Combine art-making with meaningful social interactions

Well-Being Profiling (WBP)

PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS

Lower sense of humour

Artist would facilitate and instruct in front of the room, creating a serious classroom-like setting.



Greater enjoyment

Pottery offers a pleasant shared activity for persons with dementia and their family caregivers.



Mould Your Dream Family Caregivers



PARTICIPANTS
7 family
caregivers

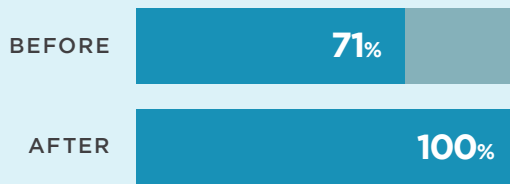
Two questionnaires were completed before and after the programme

Zarit Burden Interview (ZBI-12)

LEGEND ● RARELY ● SOMETIMES ● QUITE FREQUENTLY

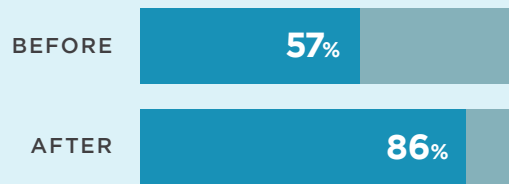
Improved relationships

Caregivers who rated rarely feeling that their relative worsened their relationship with family and friends **rose from 71% to 100%**.



Improved health

Caregivers who rated rarely feeling that their health suffered because of caring for their relative **rose from 57% to 86%**.

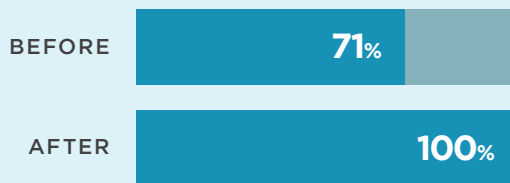


Gain in Alzheimer care Instrument (GAIN)

LEGEND ● AGREE ● NEUTRAL ● DISAGREE

Improved knowledge and skills

Caregivers who agreed that their knowledge and skills in dementia care improved **rose from 71% to 100%**.



More empathy

Caregivers who agreed that the programme enabled them to better relate to the elderly and persons with dementia **rose from 71% to 86%**.



C10 Sing Out Loud! (IN COLLABORATION WITH ESPLANADE - THEATRES ON THE BAY)

Persons with Dementia



BASELINE

Usual activities at the New Horizon Centre (NHC)

PROGRAMME

8 singing sessions in NHC, ending with a showcase at the Esplanade Recital Studio

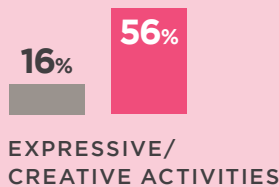
PARTICIPANTS

8 persons with dementia

Well-being was evaluated using **two observer-rated scales**

Dementia Care Mapping (DCM)

Music, singing and social connection offered **more opportunities for creative expression**



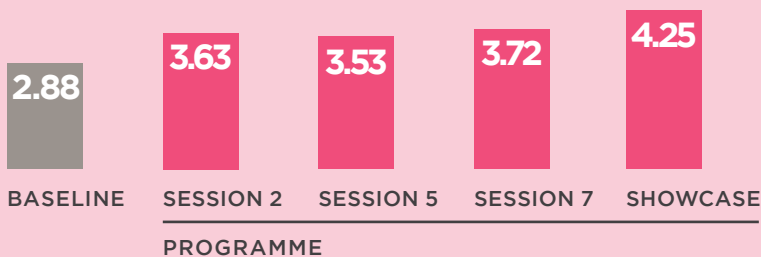
LEGEND

● BASELINE ● PROGRAMME

PERCENTAGE FIGURES CONVEY FREQUENCY OF OBSERVED BEHAVIOURS

More positive well-being

Singing as a group in a performance provided feelings of importance and purpose as they performed to their loved ones on stage together.



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

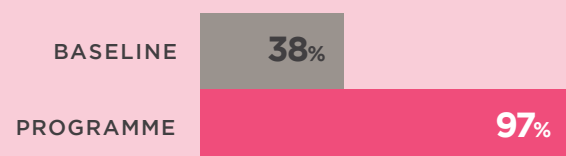


Well-Being Profiling (WBP)

PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS

Greater creative expression

Positive caring climate and safe platform for persons with dementia to express themselves through singing.



Sing Out Loud!

Family Caregivers



PARTICIPANTS

12 family caregivers

Two questionnaires were completed before and after the programme

Zarit Burden Interview (ZBI-12)

LEGEND



RARELY



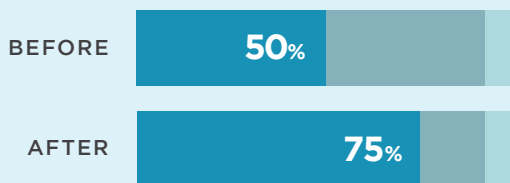
SOMETIMES



QUITE FREQUENTLY

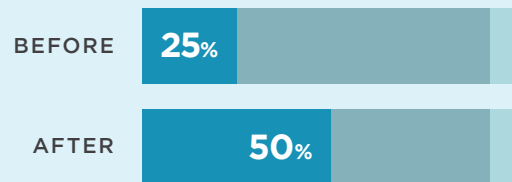
Less strained relationship

Caregivers who rated rarely feeling strained when around their relative **rose from 50% to 75%**.



More assured in caregiving

Caregivers who rated rarely feeling uncertain about what to do about their relative **rose from 25% to 50%**.



Improved health

Caregivers who rated quite frequently feeling that their health suffered because of caring for their relative **dropped from 17% to 8%**.



Gain in Alzheimer care Instrument (GAIN)

Improved knowledge and skills

Caregivers who agreed that their knowledge and skills in dementia care improved **rose from 83% to 92%**.



LEGEND



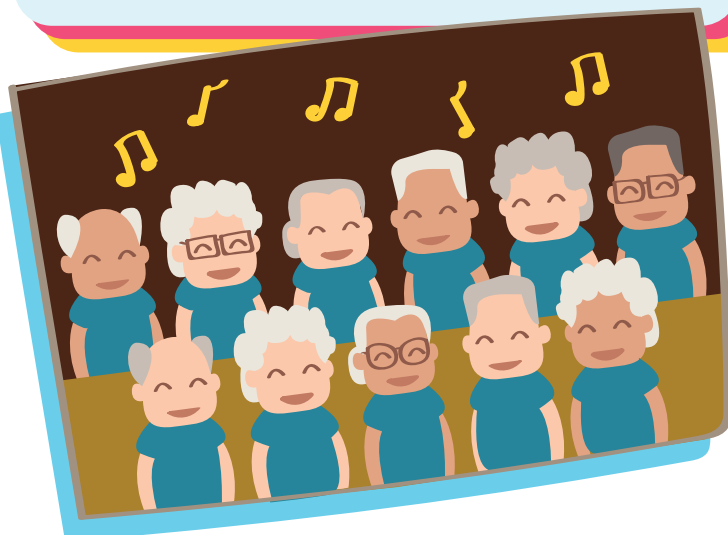
AGREE



NEUTRAL



DISAGREE



C12 Memories Cafe

Persons with Dementia



PROGRAMME

- 4 sessions:
- Movement and Singing
 - Movement
 - Drumming
 - Singing

PARTICIPANTS

7 persons with dementia

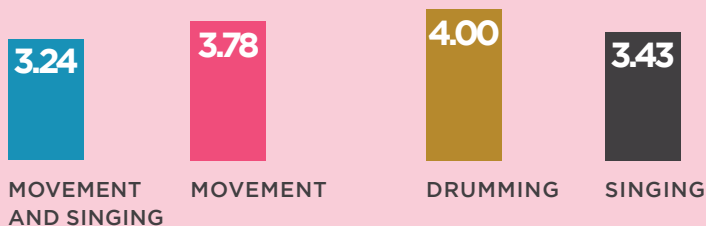
Well-being was evaluated using **two observer-rated scales**



Dementia Care Mapping (DCM)

High positive mood and engagement across all sessions

Various artforms have similar beneficial effects on well-being.



WELL-BEING SCORES AND DESCRIPTIONS

+5: HIGH LEVELS OF MOOD, SELF-EXPRESSION AND INTERACTION

+3: CONSIDERABLE SIGNS OF CONTENTMENT, ENGAGEMENT AND INTERACTION

+1: NEUTRAL, AN ABSENCE OF OBSERVABLE ILL-BEING

Well-Being Profiling (WBP)

Positive well-being across all sessions

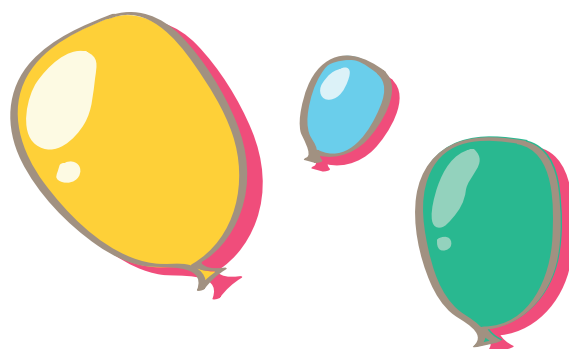


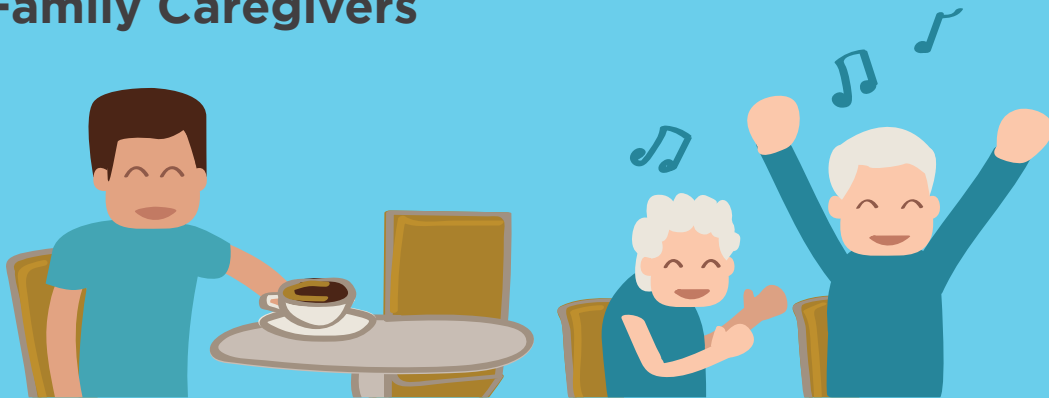
PERCENTAGE FIGURES CONVEY FREQUENCY OF WELL-BEING INDICATORS



Movement and Singing, and Movement combines creative and physical functioning aspects

Drumming and Singing allows for self-expression through non-verbal communication





PARTICIPANTS

8 family caregivers

Two questionnaires were completed

Zarit Burden Interview (ZBI-12)

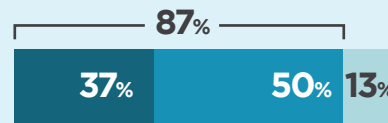
Most have adequate time for themselves

88% of participants never felt that because of the time they spend with their relative, that they don't have enough time for themselves.



Most never or rarely feel strained

87% of participants never or rarely feel strained when they are around their relative.



LEGEND ● NEVER ● RARELY ● SOMETIMES ● QUITE FREQUENTLY

Gain in Alzheimer care Instrument (GAIN)

Improved knowledge and skills

100% agree that they have improved their dementia care knowledge and skills.



LEGEND ● AGREE A LOT ● AGREE A LITTLE

More strength and resilience

100% agree that it made them a stronger and more resilient person.



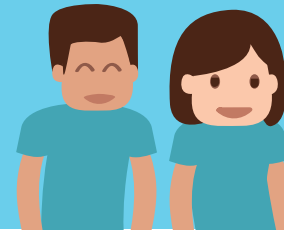
Closer family bonds

100% agree that it has helped to bond their family closer.



C14 Family Caregiver Focus Group Discussion

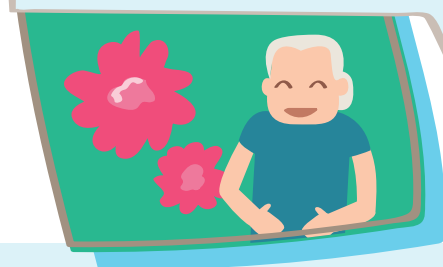
PARTICIPANTS 10 family caregivers



What Persons with Dementia gained from the programme

Experienced contentment and social engagement

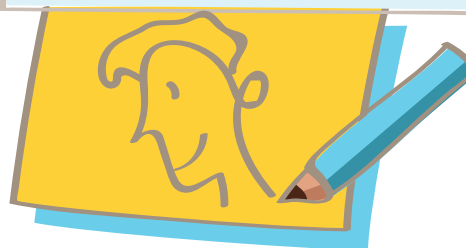
Photos were very nice and natural. She was smiling in the photos. ...Was happy that she enjoyed the session and it turned out very nice.



MS. Y
DAUGHTER, 55

Developed new interests and skills

My husband was a science person, not an art person. But nowadays he has been doodling and I realised this part of him is developing.



MDM. L
WIFE, 47

How Caregivers feel

Respite for the caregiver

I noticed that it helps her to focus, and this gives me space to do other things.

MS. S
DAUGHTER, 54

Caregiving is more manageable now

She is happier there. ...She behaves better and is now more compliant.

MDM. M
DAUGHTER, 54

Less guilt in leaving loved ones in alternative care

I kept blaming myself that I was not spending enough time with him. ...But communication with him is different now. Watching him on the stage, I could see that he is happy and with a purpose.

MR. G
SON, 51

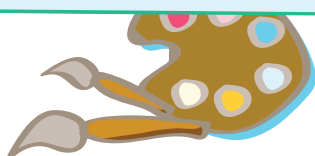


Recommendations to enhance the caregiving experience

✓ More arts and dementia programmes

I have been trying to get him music sessions outside. ...I try to engage my husband in whatever activity I can find for him.

MDM. L
WIFE, 47



✓ More support for dementia

My neighbours in the block know about my father. Over the years, they know about his condition and will give leeway. But strangers don't understand. ...Public education will help to create awareness.

MR. L
SON, 44

Community Focus Group Discussion

PARTICIPANTS 5 artists and 10 volunteers who responded to the questionnaires



What community members feel about dementia after the programme

Deeper connection



Sometimes, there is a certain connection even though we only meet once or twice a month. Certain rapport and relationship (are) built.

MR. L
ARTIST, 40

Focus on abilities and not deficits

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

MS. H
VOLUNTEER, 55

Rewarding experience



That was what brings me to the programme. seeing them over and over time. They are joyful and have fun, and dance together. Seeing them smile it's something nice.

MS. R
ARTIST, 38

Meaningful interactions and conversations

Photography is only a tool for me to engage them. At the end of the day, (whether) they take good photos, it is not essential.

MR. K
ARTIST, 48

Learning process

I had thought that it would be difficult to interact with dementia clients because I "wouldn't know" the right things to say or the right way to interact, I had thought that all levels of dementia are the same. Now I understand that it exists as a spectrum, and there are so many ways to interact with and befriend the clients.

MS. S
VOLUNTEER, 35

Recommendations from the community

More can be done to enhance the programme experience

Something outside singing or dancing to bring more diversity to the activity ...So that they can showcase their talents together rather than doing the same thing together.

MR. R
VOLUNTEER, 38



Need for greater public awareness of dementia

I am hopeful and very positive ... that we are in the right direction. ...Of course, we are not there yet, but (we are in the) right direction, just keep going, just keep moving.

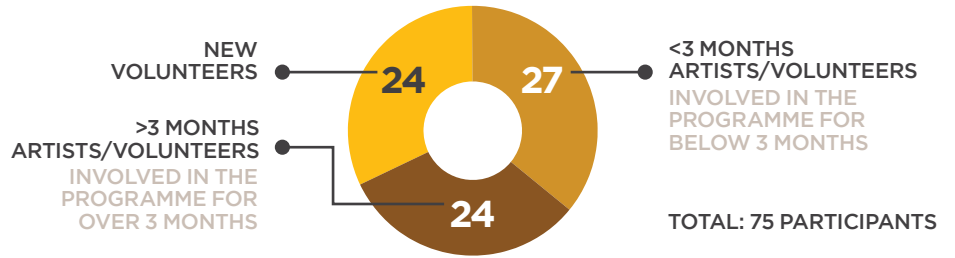
MS. O
ARTIST, 51



C16 Societal Attitude Towards Dementia

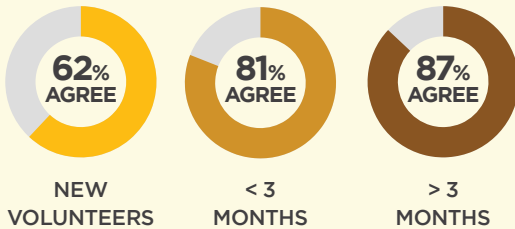
Attitudes towards dementia were evaluated through

self-reported questionnaires

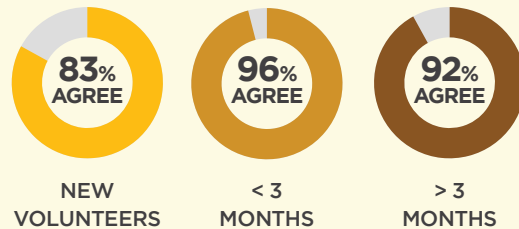


Approaches to Dementia Questionnaire (ADQ)

“There is hope for people with dementia.”



“It matters what you say to people with dementia even though they may forget it anyway.”



Dementia Attitudes Scale (DAS)

“We can do a lot now to improve the lives of people with dementia.”



“It is rewarding to work with people who have dementia.”

