



Workshop Descriptions

Thursday, September 30, 2010

Bernie Warren: More than Just a Red Nose; using humour & clown-munication in everyday life

This experiential workshop will present participants with ways to integrate clown skills and humour into their interpersonal communications to help promote wellness and improve quality of life, whether it is designed for their family members, colleagues, patients and/or clients, and/or to help to reduce their own personal stress.

David Barnet: Seniors Make Plays from Their Stories

David Barnet will briefly describe the work of the intergenerational theatre company, GeriActors and Friends, and show a video of their play, *Invisible*, about seniors' invisibility. He will then lead participants through a typical workshop process in which seniors develop their stories into plays: it will be fun and easy, and absolutely no experience is necessary!

Judith-Kate Friedman: The Songwriting Works™ Experience – Enhancing Health for Elders, their Families and Communities

Composing songs in community is a vital way to activate brain health, boost immune system response, communicate across cognitive and social divides, and deepen our connections with one another. Come discover the power of this ancient practice, learn from the latest research, and explore Songwriting Works™ “best practices” hands-on as you compose a song with founder and director Judith-Kate Friedman. (No music background is required.)

Shelley Klammer: Creativity and Group Expression as a Means of Connection

This workshop offers a fluid approach to group facilitation that emphasizes creativity as a form of group connection, belonging, self-expression and validation. Different ways of working with groups will be discussed, including incorporating individual needs within a group context. Participants will learn that there is no formula that works every time in groups, but that actual field experience and examples can be a guide.

Session Descriptions

Friday and Saturday, October 1 & 2, 2010

Asa Don Brown: The Psychological Effects of Vision and Hearing Loss on Dementia

This lecture has been designed for professionals, peers, and advocates interested in the correlation of vision and hearing loss in dementia care. You will learn key skills for helping those impacted not only from dementia but from the negative effects of vision and hearing loss. Finally, there will be a focus on specific treatment recommendations, management, and skills in order to alleviate the burden of the loss.

Bernie Warren: Clown Work With Seniors: An Introduction to the Practice, Theory and Benefits

In this presentation, Bernie Warren will describe the work of *Fools For Health's* clown-doctors and familial clowns with a focus on their work with adults and seniors in Rehabilitation settings and in Seniors' homes. It will draw on work done as part of two research projects "What is the value of a Smile" supported by an SSHRC grant and "Down Memory Lane", work with seniors with dementia supported by a grant from The Ontario Trillium Foundation. The body of the presentation will draw on Bernie's experiences working in hospitals and healthcare facilities and will use anecdotes and audio-visual materials to bring to life the work of clown-doctors and familial clowns as they interact, not only with patients, residents and their families, but also with other members of the healthcare team. At the end of his presentation Bernie hopes that not only will the audience be enlightened but also more light-hearted and smiling.

Dalia Gottlieb-Tanaka and Peter Graf: Findings from a systematic literature review on creative expression activities programs and their impact on the quality of life of people with dementia

As the number of seniors with dementia increases, so does interest in quality of life interventions, especially in activities that involve the visual and performing arts. To learn about different types of such programs, we carried out a systematic literature review of research conducted in the past 10 years. Using EBSCOhost, MEDLINE, Social Works Abstracts, PsycINFO, PsychExtra, AgeLine and CINAHL, we searched for relevant publications on creative expression (CE) programs for people with dementia and identified 117 first-hand reports of empirical research that focused on music, art and spiritual interventions. Among the findings, we highlight: a. great interest from the medical establishment in CE programs that may prove useful for treating 'troubled behaviours' and result in concrete neurological and psychological changes; b. collaborating with persons skilled in the arts contributes to a greater understanding of people with dementia and their creative expression abilities; and c. the growing trend of providing mixed activities was effective in behaviour modification. Participants in the session will gain a better understanding of CE activities in dementia care, while researchers in behavioural and social sciences will gain valuable information about the state of CE interventions in dementia care and ideas for potential inquiries.

David Barnet: GeriActors and Friends, an Intergenerational Theatre Company

David Barnet will describe the work of the intergenerational theatre company, GeriActors and Friends, emphasizing the 'playfulness' of their rehearsal process and performances. He will conclude with participational readings of two of their plays: "*Invisible*, about seniors' invisibility, and *Que Sera*, about Alzheimer's caregivers.

Jan Clark and Jeni Winslow: The *Spark of Life* Club Program and the CEAA Tool Application

The spark represents the wellbeing of the human spirit. Ensuring a strong and healthy spirit is at the heart of the *Spark of Life* Concept, which is a gentle, creative and celebratory approach to human relationships and communication. The concept was developed specifically for dementia care to ignite the human spirit – the 'spark of life'. The concept is implemented as a **club program** for people with dementia, a torchbearers program for selected staff members, and a culture enrichment program for everyone connected with an organization (Verity and Lee, 2010). In 2008, a study by Gottlieb-Tanaka, Lee and Graf led to the development of the Creative-Expressive Abilities Assessment (CEAA) Tool. The *Spark of Life* Club Program was selected as a quality creative expression program for observation in the study. The club members observed in this study scored highly in all domains of the CEAA tool, including memory, language, psychosocial skills, reasoning, expression of emotions and culture. Since this study the CEAA tool has been continued to be used for ongoing evaluation of this program at Maurice Zeffert Home and in this presentation both the process of using the tool and the results of the evaluation will be described.

Jan Clark and Jeni Winslow: Creative Managerial Approaches to Optimize Human Potential

Maurice Zeffert Home is an 86-bed, stand-alone facility providing high, low and dementia specific care with adjacent retirement village accommodation for the Jewish Community of Perth. Its mission is providing “quality care in a warm Jewish environment”. Our cohesive management team is committed to guiding the care team to success by stretching the conventional boundaries and pioneering innovative approaches. The key message of our presentation is to illustrate how creative managerial approaches can optimize human potential to achieve positive changes in the culture of an organization. This presentation will demonstrate the value of utilizing a solid foundation of multicultural and talented people to facilitate exciting opportunities for residents and stakeholders through a smorgasbord of creative activities. The audience will see that sustainable cultural improvements can be achieved by empowering human resources. The presenters will describe how their new approach has been evaluated to prove amazing benefits for all, including significant reductions in expenses for the organization as a whole.

Jeanne Sommerfield: Creative Moments in Everyday Relationships

Jeanne Sommerfield will show how looking at the way in which everyday interactions with seniors reflects creativity, encourages meaningful expression, assists in developing relationships and engages meaningfully with individuals or groups "in the moment".

Jeff Nachtigall: The Power of Art in healthcare

Art is a language that transcends borders. Before we can read or write or speak, we communicate visually. We are all born artists. At some point in our early childhood development, an authority figure intervenes and either ignites our creative potential or extinguishes the artistic spark. Jeff Nachtigall says: I want to start the fire within. For 20 years I have developed a philosophy that helps people recognize their innate artistic abilities. For the last decade I have helped at-risk youth, university students, long-term care residents, acute care patients and community groups realize their creative potential. Art is a vehicle for change, hope and healing. The breakthroughs have been substantial and the benefits profound. Residents who once contemplated suicide are now mentors and role models. Individuals who were previously inactive have found a new energy, enthusiastically expressing themselves through art. Fine motor skills have improved; those who once shook as they tried to grip a brush are now expressing themselves through fluid motions. The positive impact on the residents and their families is astounding. New projects are underway as we continue to push the boundaries of self-expression and challenge the stereotypes of individuals with special needs.

Judith-Kate Friedman: A Spectrum of Voices; 20 Years of Songs, Stories, and Research from Songwriting Works

Research in brain health, social engagement, bio-musicology, education, and care giving “best practices” is demonstrating the value that song-making can have for individual and community health; in fact, singing *one’s own song* is becoming understood as a cost-effective ‘innovation,’ as well as a pivotal path to cognitive, and general, wellness. With roots in ancient tribal practices and our very nature as human beings, Songwriting Works™ seeks to re-engage body, mind and spirit in the life-affirming experience of collectively composing and sharing original songs. More than 3000 elders across spectra of cognitive, physical and mental health have composed 300+ songs in an inclusive method that blends music improvisation, storytelling, active listening and consensus. Judith-Kate Friedman first gathered with elders in adult day health, skilled nursing, and community workshops to explore making music 20 years ago. In this presentation, she will present key songs, case studies and findings from a 2009 pilot programs where family caregivers and their loved ones with dementia composed songs together.

Julia Stewart Clark: Embodied Musical Rhythms and Enhancement of Movement

This paper describes the use of music therapy to enhance residual movement ability and to restore the sense of self in people with brain damage. Reference to the use of music to entrain heart rhythms during surgery, to initiate movement in Parkinson’s disease and to improve quality of life in Huntingdon’s disease will be also be made. When the motor pathways in the brain have been damaged, it becomes much harder to control movement.

Movement disorders of this type are seen in conditions, such as Parkinson's disease and Huntington's disease. These conditions predispose to the development of dementia in the later stages, with as much as 30% of patients being affected. Muscles have a natural electrical oscillation. These rhythmic contractions are entrained by a stronger and larger Piper Rhythm that originates in the brain stem, causing the muscles to act in harmony and allowing voluntary movement. When the Piper Rhythm is lost, because of disease processes or after trauma, voluntary action is also lost. Music can be used as a substitute for this lost brain rhythm.

Julie Gross McAdam: Evaluation of an Expressive Art Activity Using the Creative Expressive Abilities Assessment (CEAA) Tool in Australia

In December 2007, Julie Gross McAdam, the author and facilitator of the award winning MAC.ART program, was granted an Australian Postgraduate Award to begin PhD research into the links between art and dementia and wellbeing. In early 2010, in a Melbourne dementia-specific facility, while the participants worked on a community artwork, an independent research assistant tested the expressive art activity component of the MAC.ART process against the CEAA tool. At the same time, Julie conducted a separate and personal evaluation of her working methods. In this paper, Julie will not only present the results from the research project, and discuss the value of the CEAA research tool, but she will also share her thoughts on working with those living with dementia, based on a decade of experience in dementia-specific care.

Marlene Cox-Bishop: The Medicine wheel – A Tool for Harmony and Healing

The Aboriginal Medicine Wheel is a universal symbol of healing and holistic health. It is among the oldest teachings--originating with the prairie First Nations people. The teachings of the Medicine Wheel focus on balance and the interconnectedness of all life forms. Health from the Aboriginal perspective can be viewed from four overlapping perspectives: the physical realm, the mental realm, the emotional realm and the spiritual realm. The Wheel can also be used to represent the four stages of life: child, youth, adult and elder, as well as the four seasons: spring, summer, autumn and winter. The Medicine Wheel can provide a tangible tool for healing individuals, families and communities. This presentation explores the history and meaning of Medicine Wheels and how individuals can utilize the teachings to find balance and harmony.

Michael McGaughy, Kendra Ray, Scott Stuart, Emily Nickerson. Metropolitan Jewish Health System, Brooklyn, NY: Integrating Music and Dementia Care: A Training Program Designed and Facilitated by Music Therapists

While music therapy is effective for nursing home residents with dementia, residents can benefit from access to music in other contexts. Direct care workers spend the most time with residents, and could use music to complement the care they provide. However, in order for such workers to utilize music appropriately, they need to be trained and given the proper tools. This panel of professional music therapists created and taught a 3-day class to certified nursing assistants in a nursing home, so that they would use music as a resource during personal care and other duties. The training program prepared nursing assistants to implement music individually and in small groups, especially for residents with dementia who exhibit signs of depression, agitation, or wandering. The nursing assistants were taught how to use rhythm instruments, scarves, mp3 players, and speakers when implementing the 6 protocols. Playlists were created to accompany the protocols and to organize music by type and culture. Several weeks after the training, the nursing assistants were videotaped, while facilitating music activities, to evaluate each resident's level of engagement. We found that the nursing assistants required ongoing encouragement and guidance from the music therapists in order to apply what they learned.

Pamela Brett-MacLean: The Art of Possible: A Passionate Commitment to Arts, Health and Aging

The field of arts and health is rapidly gaining momentum in Canada. In relation to the area of arts and aging, Pamela will outline a brief historical overview and a wide array of practices that have emerged over the past decade or so in Canada. She will describe the role of organizational structures and emerging research in this area, with reference to the maxim "If you build it, they will come." Although this field is relatively young, much innovative work, great enthusiasm on the part of diverse practitioners and an emerging field of arts and aging in Canada is evident.

Patricia Bruce: The Circle of Life and Making of the Dignity Quilt

The Dignity Quilt project was conceived to engage residents at The Pavilion, a long-term care facility specializing in dementia care, in an activity of creation that could also open a sensitive dialogue with them about the eventuality and inevitability of the dying process. The quilt is both a colourful and textural coverlet and a symbol of that final journey. It is also part of a facility ritual created to dignify a resident's final passage by covering and accompanying individuals as they journey from their room to the facility's main entrance.

Peter Graf and Dalia Gottlieb-Tanaka: Creative Activities Programs in BC Adult Care Centres

The aging of society and rapid swelling number of seniors with dementia are placing ever increasing pressures on health care resources, and as a consequence, the future care of seniors with dementia may become limited to the provision of basic medical services, while approaches to care and especially activity programs known to enhance well being and quality of life are reduced or eliminated. In order to document and track future changes in the availability and accessibility of care programs, we have collected information about activity programs in different kinds of adult care facilities across the diverse regions of British Columbia. By means of a questionnaire and focus groups, we ascertained what types of activity programs (painting, making music, etc.) are offered, to whom (e.g., seniors with mild or severe dementia) each program is offered, and on what schedule each program is offered; we also gathered information on the resources allocated to such programs by asking about who facilitates the activities (e.g., full or part-time staff, volunteers), about facilitators' qualifications, and about the resources (e.g., rooms/space, equipment, staff) specifically ear-marked for the delivery of creative activity programs. The results reveal stunning differences in the availability of activity programs across care facilities, and in the personnel who deliver those programs. The results also give insight into the diverse reasons for offering activity programs to persons living with dementia.

Richard Coaten: Going by the Way of the Body in Dementia Care

Richard Coaten focuses on describing a recently completed empirical study of embodiment involving movement, dance, music, song and reminiscence, undertaken in the UK, involving four people with dementia and their care-staff. The study observed effects on well/ill-being, identified embodied practices used, the impact on patients and care-staff of a single Dance Movement Psychotherapy (DMP) session. The study used Dementia Care Mapping, VTR, Questionnaires, Laban Movement Analysis and, within a participant-observation methodology, found that observed well-being increased for session duration. Embodied practices contributed to improved mobility, affirmed identity, supported affective communication, and extended range and quality of care relationships. For care-staff, being better informed psychologically about how to engage, how to build bridges of understanding (Coaten, 2009) between the known and the not-yet-known hold implications. A challenging formulation is presented: that people with dementia threaten those around them by being different. This challenges care-staff to open up to this difference and otherness, being better able to create more meaningful and emotionally congruent relationships as a result. Otherness, becomes expressed non-verbally by way of the body, and it is our responsibility as care professionals to better make sense of, and respond to, what has also been called embodied selfhood (Kontos, 2005) in dementia care.