



The 7th International Conference on Creative Expression, Communication & Dementia

WHEN:
September 5 – 7, 2012

Wednesday, Sep. 5:
Pre-Conference Workshops
Thursday & Friday, Sep. 6-7:
Two-Day Conference

WHERE: Conference Centre, University of Worcester (UK)
St. John's Campus, Henwick Grove

THEME: Health, Aging and the Creative Arts

The 7th International Conference on Creative Expression, Communication and Dementia welcomes the participation of academics, researchers, practitioners and the public at large. It provides an excellent opportunity for networking, exchanging ideas and gaining insights into new trends and developments that can improve the lives of well seniors and seniors with cognitive impairments. This year, the conference will be hosted by **The Association for Dementia Studies** at the University of Worcester (UK), in collaboration with **The Society for the Arts in Dementia Care (Canada)**.

INVITED SPEAKERS

Bisakha Sarker, MA – Artistic Director of Chaturangan, South Asian Dance, Liverpool (UK)

Cathy Greenblat, PhD – Professor Emerita of Sociology at Rutgers University (UK)

Chris Gage – CEO & Director, Ladder to the Moon (Interactive Theatre for Older People in Care), London (UK)

Dalia Gottlieb-Tanaka, PhD – Researcher & Founder, The Society of the Arts in Dementia Care (Canada)

Dawn Brooker, PhD – Professor & Director, Association for Dementia Studies, University of Worcester (UK)

Elizabeth "Like" Lokon, PhD – Artist, Gerontologist & Founder, Opening Minds through Art, Research Associate, Scripps Gerontology Center at Miami University, Ohio (USA)

Emma Hewat, Caroline Welch, Lucy Payne – Music for Life, Dementia (UK)

Karan Jutlla, PhD – Dance Therapist & Director, Eclectic Dancers, Lecturer, Association for Dementia Studies, University of Worcester (UK)

John Killick – Poet & Author on Creativity and Communication in Dementia, Dementia Positive (UK)

Peter Graf, PhD – Professor of Psychology, University of British Columbia & Director, NSERC and CIHR-Funded Memory and Cognition Laboratory (Canada)

Polly Kaiser, PhD & Ruth Eley – The Life Story Network (UK)

Richard Coaten, PhD – Dance Movement Psychotherapist, South West Yorkshire Partnership NHS Foundation Trust (UK)

PRE-CONFERENCE WORKSHOPS

Wednesday, September 5, 2012

Pre-Conference Workshop 1:
Assessing the Creative Expressive Abilities of People Living with Dementia – The CEEA Tool
Dalia Gottlieb-Tanaka & Peter Graf

Pre-Conference Workshop 2:
Creating and Enjoying Poetry
John Killick

Pre-Conference Workshop 3:
Going by Way of the Body in Dementia Care
Richard Coaten

Pre-Conference Workshop 4:
Interactive Theatre with Older People and Staff in Care
Chris Gage

Pre-Conference Workshop 5:
Opening Minds through Art (OMA), an Intergenerational Visual Art Program for People with Dementia: What Works and Why
Elizabeth "Like" Lokon

Pre-Conference Workshop 6:
The Life Story Network – Your Story Matters
Polly Kaiser & Ruth Eley

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Register
Online
Here

Email: info@cecd-society.org
Web: www.cecd-society.org
Register: cecd-2012.eventzilla.net



Association for Dementia Studies welcomes you to Campus Worcester!

The University of Worcester is the ideal location for conferences with its central location, excellent transport links, leafy campus and city centre offering plenty for delegates to enjoy – a fascinating riverside Cathedral city, a range of bars and bistros and world famous sporting venues such as the Worcestershire County Cricket Ground, Worcester Rugby Club and the oldest racecourse in the country.

The **featured artwork** that grace this brochure were graciously donated by the artists living with dementia and by their families to the Society for the Arts in Dementia Care (Canada)'s permanent art collection.



Wine Reception followed by **SOCIAL DINNER**

Entertainment provided by

The Eclectic Dancers of West Midlands (UK)

September 6, 2012 @ 7:00 pm

CANADIAN STUDENT AWARDS

September 7, 2012 @ 1:10 pm

RESEARCH NETWORK EVENT

September 7, 2012 @ 5:10 pm

REGISTRATION

Registration Fees

Conference Fee (2 days)	£375
Conference Fee (1 day)	£190
Conference Fee (senior, 65+)	£275
Conference Fee (student, ID required)	£275
Conference Fee (accepted abstract)	£275
Workshop Fee (pre-conference, full-day)	£180
Workshop Fee (pre-conference, half-day)	£95
Social Dinner (September 6, 2012)	£35

Cancellation fee – £25

No refunds after August 1, 2012



MISSION STATEMENTS

Association for Dementia Studies (ADS) is a multi-professional group of educationalists, researchers and practitioners focused on the development of person-centred dementia care and support. People with dementia, their families and their carers inform the work of ADS at all stages. Our aim is to make a substantial contribution to building evidence-based practical ways of working with people living with dementia and their families that enables them to live well. We do this primarily through research, education and scholarship.

The Society for the Arts in Dementia Care (Canada) is built on the premise that people living with dementia have the right to dignity, to be heard and to be valued. The Society provides an interdisciplinary forum for creative expression in dementia care, bringing together academic research and practical knowledge through collaboration between the medical profession and the creative arts. The Society aims to disseminate knowledge and establish ties with dementia care organizations worldwide, improving the quality of life for people with dementia.

UNITED KINGDOM

Venue & UK Inquiries

Association for Dementia Studies, Institute of Health and Society
University of Worcester, St John's Campus, Henwick Grove, Worcester, WR2 6AJ UK

Contact: **Karan Jutlla** – k.jutlla@worc.ac.uk

Tel: +44 (0) 1905 855250 Other: dementia@worc.ac.uk

Website: www.worc.ac.uk/discover/association-for-dementia-studies

NORTH AMERICA

Registration & Submissions

The Society for the Arts in Dementia Care (Canada)

Contact: **Dalia Gottlieb-Tanaka**, Chair – info@cecd-society.org

Website: www.cecd-society.org

Register: cecd-2012.eventzilla.net

PRE-CONFERENCE WORKSHOPS – SCHEDULE

Wednesday, September 5, 2012

*includes a 15-min
coffee break

MORNING SESSION – 9:00 am to 12:00 noon

Register for one (1) from the following:

Pre-Conference Workshop 1:

Assessing the Creative Expressive Abilities of People Living with Dementia – The CEAA Tool

Dalia Gottlieb-Tanaka & Peter Graf

Pre-Conference Workshop 2:

Creating and Enjoying Poetry

John Killick

Pre-Conference Workshop 3:

Going by Way of the Body in Dementia Care

Richard Coaten

AFTERNOON SESSION – 1:00 pm to 4:00 pm

Register for one (1) from the following:

Pre-Conference Workshop 4:

Interactive Theatre for Older People and Staff in Care

Chris Gage

Pre-Conference Workshop 5:

Opening Minds through Art (OMA), an Intergenerational Visual Art Program for People with Dementia: What Works and Why *Elizabeth "Like" Lokon*

Pre-Conference Workshop 6:

The Life Story Network – Your Story Matters

Polly Kaiser & Ruth Eley

DAY 1: CONFERENCE – SCHEDULE

Thursday, September 6, 2012

9:00 am – 9:55 am	Registration Exhibition & Refreshments	
10:00 am – 10:15 am	Opening Address & Welcome Dawn Brooker – Morning Chair	
10:15 am – 10:45 am	John Killick – Keynote 1	
10:45 am – 11:00 am	<i>Morning Refreshments</i>	
11:05 am – 11:55 am	Concurrent Workshops	
Workshop 1 Chris Gage	Workshop 2 Bisakha Sarker	
12:00 pm – 1:00 pm	<i>Lunch</i>	
1:05 pm – 1:10 pm	David Jolley – Afternoon Chair	
1:15 pm – 1:45 pm	Graf & G. Tanaka – Keynote 2	
1:50 pm – 2:20 pm	Elizabeth Lokon – Keynote 3	
2:20 pm – 2:40 pm	<i>Refreshments & Posters</i>	
2:45 pm – 3:35 pm	Concurrent Workshops	
Workshop 3 Kaiser & Eley	Workshop 4 Hewat, Welch & Payne	
3:40 pm – 4:10 pm	Concurrent Presentations	
Abstract 1 Coomans	Abstract 2 Karmazyn	Abstract 3 Garabedian
4:15 pm – 4:45 pm	Concurrent Presentations	
Panel Presentation 1 Heymanson, Kershaw & Jacobson		
Invited Speakers Peter Ashley & Suzanne Wightman		
4:45 pm – 6:00 pm	<i>Break</i>	
6:00 pm – 6:45 pm	Wine Reception & Networking	
7:00 pm	Social Dinner	

DAY 2: CONFERENCE – SCHEDULE

Friday, September 7, 2012

8:30 am – 8:55 am	Registration Exhibition & Refreshments
9:00 am – 9:15 am	Welcome Dalia G. Tanaka – Morning Chair
9:15 am – 9:45 am	Richard Coaten – Keynote 4
9:50 am – 10:20 am	Larry Gardiner – Guest Speaker
10:20 am – 10:35 am	<i>Morning Refreshments</i>
10:40 am – 11:10 am	Concurrent Presentations
Abstract 4 Newman-Blustein	Abstract 5 McDermott
Abstract 6 Rylatt	Abstract 7 Lahav
11:15 am – 11:45 am	Concurrent Panel Presentations
Panel Presentation 2 McArdle, Hindle & Melhuish	
Panel Presentation 3 Bate, Hansen & Staves	
11:50 am – 12:50 pm	<i>Lunch</i>
12:55 pm – 1:05 pm	Rosemary Clarke – Aft. Chair
1:10 pm – 1:50 pm	Canadian Student Winners
1:55 pm – 2:25 pm	Dawn Brooker – Keynote 5
2:30 pm – 3:00 pm	Karan Jutilla – Keynote 6
3:00 pm – 3:20 pm	<i>Refreshments & Posters</i>
3:25 pm – 3:55 pm	Cathy Greenblat – Keynote 7
4:00 pm – 4:30 pm	G. Tanaka & Graf – Keynote 8
4:35 pm – 5:05 pm	Closing Discussions
5:10 pm – 6:30 pm	Research Network Event

INVITED SPEAKERS

BIOGRAPHIES & PRESENTATION DESCRIPTIONS



Bisakha Sarker, MA

Bisakha Sarker is a leading practitioner of Indian creative dance, as well as a performer, choreographer, researcher, educationalist, critic, writer and film maker. She holds a masters degree in Statistics (University of Calcutta). She has worked as the Senior Research Fellow of The Anthropological Survey of India. Based in Liverpool, Bisakha is nationally recognised for her innovative work with older adults and disabled people, which has challenged traditional cultural boundaries. With the support from Lisa Ullman travelling Scholarship, ICCR (Indian Council for Cultural Relations) Award and Windsor Scholarship, she made a documentary film "Making Connections" which reflects on how dance is being used for the disabled people in India. She was appointed the artistic director of East Midland Shape's Indian Dance in Special Needs project, the report of which was published in the book, "Making Space" co-written with Françoise Matarasso. Bisakha is currently the artistic director of Chaturangan, an initiative making South Asian dance an integral part of the cultural fabric of UK. For more information, please visit www.chaturangan.co.uk

'Inner Rhythm'

Concurrent Workshop 2 – Sarker

Thursday, September 6, 2012 at 11:05 am – 11:55 am

"Dance gives me an enhanced sense of wellbeing". This statement forms the foundation of all my participatory work. The participant centred workshops are conducted with care to make the participants grow in confidence. The sessions unfold in an unhurried manner, preparing everyone physically and mental to experience "an enhanced sense of wellbeing". In the traditions of Indian dance the session starts with a routine of "Greetings" sequence leading to an introduction to the facilitator using a story presented through the hand gestures. Warm up begins with breathing exercises. The Shapes and Rhythms of Indian dance are introduced in a user friendly way. The 'Shape' covers both static (hand gestures) and transitory shapes (drawn with moving body or alternating hand gestures). Hand gestures bring an additional element of attention. The Rhythm is introduced through the chanting of traditional Indian sound bites, known as *Boles* and experienced in slow, medium and fast speeds. These elements are combined in movement motifs, encouraging co-ordination of isolated body parts. The session ends with an improvisation based on a story or a piece of poetry. The whole session can be conducted as a chair based activity.



Cathy Greenblat, PhD

Cathy Greenblat is Professor Emerita of Sociology at Rutgers University, where she served for 35 years as a member of the Department of Sociology and Women's Studies and the Bloustein School of Planning. The author of 14 books and more than 100 articles, she has lectured in the US, Latin America, Eastern and Western Europe, Russia, Africa, the Philippines, China, and Japan. Her photography has been exhibited at major venues internationally. Currently she is an Artist in Residence at the University Hospital Network (CHU) of Nice, France and an Honorary Research Fellow at the International Observatory on End of Life Care, Lancaster University, UK.

'Arts, hearts, and minds: music, art and photography in dementia care'

Keynote 7 – Greenblat

Friday, September 7, 2012 at 3:25 pm – 3:55 pm

As part of a larger project on dementia care, I have photographed a variety of art projects that illustrate the power of such activities. The photographs give a stronger understanding of the power of such psychosocial interventions than can be conveyed by verbal descriptions alone. In this talk, I will show a set of photographs and discuss taking them, identifying themes for presentations, preparing exhibits for different audiences, and photographic exhibits as a vehicle increase the respect for the activities and for the programs that make them available. The photographs are also powerful evidence for the continuing capacities of people with dementia, even in the late stages. Artistic appreciation, interpretation, and expression through music, drawing, painting, poetry, drama, and imaginative story-telling reveal possibilities, often not sufficiently exploited, for concentration, communication and using imagination. Particular attention will be given to a program in Nice, France, in which the city council joined with the Alzheimer's service at the University Hospital Network to open the cultural resources of the city to people with dementia. Traveling exhibits of photographs from the program were used to increase public awareness and challenge stereotypical views of people with dementia.



Chris Gage

Chris is a social entrepreneur, with a background in community and engaged theatre practice. As a result of his experience with his Grandmother living in care with dementia, and through his work in residential care he has pioneered Relationship Theatre® as an effective model for workforce, culture and community development in dementia care settings. He has been CEO of Ladder to the Moon since 2005. Chris holds a degree in Theatre and Performance (Community) from the University of Warwick.

'Interactive Theatre with Older People and Staff in Care'

Pre-Conference Workshop 4 – Gage

Wednesday, September 5, 2012 at 1:00 pm – 4:00 pm

The workshop will give an experiential introduction to Ladder to the Moon's work, philosophy and methodology. Ladder to the Moon is supporting care providers to improve the quality of their services through a whole systems approach that uses experiential, creative, learning and coaching. The model, which is accessible to all staff, is grounded in person centred care, builds more positive care communities and increases staff effectiveness and engagement. The workshop will give participants an insight into the development of the companies work, the context that we operate in, current challenges, priorities, and methodologies. Participants will also recreate a classic movie in Ladder to the Moons unique style. There will be time for reflection, questions and discussion.

Participants will be able to...

- Describe the context for staff development
- Understand positive psychology / positive emotions
- Understand Policy and strategic context
- Understand challenges for artists working in residential care
- Say they are a movie star (if they want to – or backstage if they prefer)
- Use Chair dancing techniques
- Understand ladder to the Moons history and development

Workshop Schedule

1:00 – 2:00 Context, history, philosophy, methodology
2:00 – 2:15 Break
2:15 – 3:00
3:00 – 3:15 Break
3:15 – 4:00 Debrief, reflection, q&a

'Creativity as a Tool for Staff and Leadership Development'

Concurrent Workshop 1 – Gage

Thursday, September 6, 2012 at 11:05 am – 11:55 am

Ladder to the Moon is supporting care providers to improve the quality of their services through a whole systems approach that uses experiential, creative, learning and coaching. The model, which is accessible to all staff, is grounded in person centred care, builds more positive care communities and increases staff effectiveness and engagement. The presentation will share examples of the companies practice, and give insight into its context, history and methodology as well as its latest developments.

Participants will be able to...

- Understand Policy and strategic context
- Understand challenges faced by care teams and management
- Understand challenges for artists working in residential care
- Understand ladder to the Moons history and development



Dalia Gottlieb-Tanaka, PhD

Dalia Gottlieb-Tanaka earned her PhD from the University of British Columbia (UBC) in 2006 in the Institute of Health Promotion Research and the Interdisciplinary Studies Program. In 2011 she completed a Post Doctorate Fellowship with the Department of Psychology at UBC. In 1976 she graduated from the Bezalel Academy of Arts & Design in Jerusalem, and in 1980 received a Master's of Architecture degree from UBC. After working in architecture for about 30 years and raising a family, Dalia returned to school to pursue a new direction in gerontology, specifically in the study of creative expression, dementia and the therapeutic environment. The Creative Expression Activities Program she conceived and developed for seniors with dementia won an award from the American Society on Aging and the MetLife Foundation. She continues to deliver presentations and workshops demonstrating the program and her research work in the US, Canada, Israel and Europe. Dalia founded the Society for the Arts in Dementia Care in British Columbia and is the moving force behind the annual international conferences and workshops on creative expression, communication and dementia (CECD). More info: www.cecd-society.org

Peter Graf, PhD

Peter Graf completed his PhD in 1981 at McMaster University in Hamilton. Following two years of postdoctoral work at the University of California, San Diego, he held an NSERC university research fellowship at the University of Toronto from 1983-87, and then moved to the University of British Columbia where he is now a professor of psychology and director of the NSERC and CIHR-funded Memory and Cognition Laboratory. His research focuses on human memory – especially its prospective component, its normal development across the adult lifespan, and how it changes when the brain is affected by trauma or disease, such as Alzheimer's. He is also investigating age-related changes in the usability of handheld devices such as cell phones and PDAs. Peter's research has resulted in over 85 published articles and chapters, 3 edited books, and numerous conference, workshop and invited presentations in many countries. In addition to his research, Graf has served in various editorial capacities for several journals, and on the boards of several scholarly organizations, notably in 2010-11 as President of the Canadian Psychological Association.



'Assessing the Creative Expressive Abilities of People Living with Dementia – The CEAA Tool' Pre-Conference Workshop 1 – Gottlieb-Tanaka & Graf Wednesday, September 5, 2012 at 9:00 am – 12:00 noon

The aging of the population is expected to peak between 2025 and 2045, raising enormously the number of people with dementia and in need of care. Emerging research is showing that programs for people with dementia which engage them in some form of creative activity (such as painting, making music, singing, dancing or cooking) can be surprisingly effective in enhancing their psychological health and well-being and thus increase their quality of life. In order to document the benefits of such programs and thus increase their broader acceptance by the medical professions as well as by care facility administrators and staff, we have created a new instrument for collecting comprehensive quantitative evidence concerning the numerous and diverse positive effects that occur when people with dementia are given the opportunity to participate in creative activities. Our instrument, called the Creative Expression Activity Assessment instrument, has 25 core items that cover seven different domains (memory, attention, language, psychological skills, reasoning, emotionality, culture). The instrument is intended for use by activity facilitators for the purpose of tracking changes in the expressive abilities of individual clients or for comparing the beneficial effects of participation in different types of activities. We will report on the development of the instrument, especially on the steps we took to improve its reliability and to ascertain its validity. We will also discuss possible uses of the instrument in research and practice settings.

Participant will be able to...

- Learn to use the CEAA properly, better observe clients' expressive abilities and monitor/record changes in abilities
- Better document and report clients' abilities
- Better plan person centered activities
- Improve budget planning, activity scheduling
- Conduct new types of research

Workshop Schedule

- Introduction of presenters & participants
- Background on Creative Expression Programs in dementia care, and motivation for developing the CEAA instrument
- Overview of CEAA items and scoring instructions
- Brief use of CEAA & debriefing (2 minute CEAA video on memory)
- Using the CEAA (5 minute video with Bev & 10 minute video with Sylvia)
- Compare and discuss CEAA scores
- Wrap-up Discussion

'The Nature of Activity Programs in Adult Care Centres in BC'

Keynote 2 – Graf & Gottlieb-Tanaka

Thursday, September 6, 2012 at 1:15 pm – 1:45 pm

The aging of society and the rapid swelling number of seniors with dementia are placing ever increasing pressures on health care resources; 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 creative expression activity programs known to enhance well-being and quality of life are reduced or eliminated. To document the current availability and accessibility of these programs in different adult care facilities, and track future changes in them, we have collected information about activity programs in different kinds of adult care facilities across the diverse regions of British Columbia, a Canadian province roughly four times the size of the UK. By means of a questionnaire and focus groups, we ascertained what types of activity programs (painting, making and listening to music, dancing, reminiscing, playing drama) 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 and budgets) specifically ear-marked for the delivery of creative expression activity programs. The results reveal vast differences in the availability and resourcing of activity programs across care facilities, and in the personnel who deliver those programs.

Participants will be able to...

- Gain knowledge of current programs available in BC
- Learn about factors that influence activity programs
- Reflect on own activity programming

'The State of Research on Creative Expression Programs for People Living with Dementia'

Keynote 8 – Gottlieb-Tanaka & Graf

Friday, September 7, 2012 at 4:00 pm – 4:30 pm

The rapidly swelling number of seniors with dementia has increased interest in quality of life interventions, such as activities in the visual and performing arts. We undertook a systematic review of research publications on creative expression activity programs designed for people living with dementia. A search of the past 10 years of publications on Social Works Abstracts, PsycINFO, PsychExtra, AgeLine and CINAHL yielded 98 reports of empirical research that focused on music, art, drama, dance, laughter, reminiscing, singing, storytelling and spiritual interventions. The programs described in these reports were based on 18 different philosophical approaches to care, they involved 55 different types of creative activities, and they offered nearly 300 different recommendations regarding programs' planning, clients' selection and dementia level, frequency and duration of sessions, facilitators' skills, space design, art supplies and budget. Our presentation is a critical appraisal of the current state of research (type, quantity and quality) on creative activity programs. In addition, we will discuss the type of activity programs that have been targeted by research studies and researchers' reasons for choosing particular kinds creative activity programs. Based on the results, we suggest that researchers do not yet appreciate the full potential of creative activity interventions.

Participants will be able to...

- Learn about the current state of research on creative expression activities in dementia care
- Learn about the kinds of creative activity programs that have been subjected to research
- Learn about what might be achievable when creative activity programs are implemented in dementia care

Emma Hewat, Caroline Welch & Lucy Payne

Emma worked in a variety of project co-ordination roles before joining Dementia UK in 2004. In her current role as Dementia Pioneer she is responsible for developing new relationships and building partnerships with interested organisations in order to improve the lives of people with dementia and their families. Emma is project lead for Music for Life and The Bee Inspired Dementia Care Leadership Programme and development lead for accredited learning.

'Music for Life'

Concurrent Workshop 4 – Hewat, Welch & Payne

Thursday, September 6, 2012 at 2:45 pm – 3:35 pm

Music for Life aims to improve the quality of life of people with dementia through delivering interactive, creative music workshops. Projects develop communication skills, enable relationships to form and extend awareness of best care practice as well as provide opportunities for musicians to further develop their skills for work in this context. Engaging with participants through musical improvisation, people with dementia and staff are encouraged to participate in, and direct music making using percussion and/or voice. Residents are encouraged to explore, discover, reminisce and communicate in new ways, expressing their feelings, thoughts and emotions, while being supported to take decisions and make choices using the medium of music.



Dawn Brooker, PhD

Dawn qualified as a clinical psychologist in 1984. Working now in an academic post, her work is grounded in practice experience gained from a variety of clinical and leadership roles in services for older people. She was influenced by the late Professor Tom Kitwood in his work on personhood and malignant social psychology. Following Tom's death she was invited to take his work on Dementia Care Mapping forwards at the Bradford Dementia Group. In 2005 she was awarded a personal chair in recognition of her scholarship in practice development of person-centred care for people with dementia. In 2009 she established the Association for Dementia Studies at University of Worcester which now numbers a core team of around fifteen educators and researchers involved in an impressive portfolio of work. Dawn has published across the spectrum of research papers, practice papers, chapters and books on dementia care. She has been invited to speak at many international conferences and has provided practitioner workshops world-wide.

'Keeping the Person at the Centre of Our Work'

Keynote 5 – Brooker

Friday, September 7, 2012 at 1:55-2:25pm

Using creative interventions to help express locked in emotions, to maintain identity, to take one to a higher place, or just to have fun, is a challenge to traditional constructs that simply divide our therapeutic options with people with dementia into either those that are pharmacological or non pharmacological. Nonetheless, we need to be mindful that we don't get so enraptured by the power of what we are doing that we forget the person at the centre of it all. In this talk I will address some overarching principles and provide a structure for how we can work with different levels of emotion in our work.

Participants will...

- Have a structure for reflecting on their interventions
- Be able to articulate the aims of using creative therapies with people living with dementia

Karan Jutla, PhD

Dr Karan Jutla graduated from the University of Salford with a First Class Honours Degree in Health Sciences in 2006. Her interest in ethnicity and dementia led to her doctoral study at Keele University where she researched how personal histories and migration experiences influence experiences of caring for a person with dementia for Sikhs living in Wolverhampton. As a result of her research, Karan brings a depth of knowledge about the experiences and challenges for those living with dementia in minority ethnic communities. In addition to this, Karan is also developing creative therapies for such groups. Outside of work, Karan manages a Bhangra dance company called 'Eclectic Dancers' and is using her dance skills to develop dance therapies for Asians with dementia as part of her role at the Association for Dementia Studies.



'Education and Training: Implementing Creative Therapies for People with Dementia that are Person-Centred'

Keynote 6 – Jutla

Friday, September 7, 2012 at 2:30 pm – 3:00 pm

The growing interest in the use of therapeutic interventions for people with dementia has led to an array of various creative therapies developed and implemented by a wide variety of individuals from different backgrounds. Such interventions need to be person-centred, particularly when working with people with dementia. There is a need therefore for education and training that ensures that those delivering such interventions can be person-centred, even when working with groups of people. This presentation discusses the ways in which we can implement education and training, based on research, to develop a workforce in this field who are equipped with the necessary skills needed to deliver person-centred creative therapies.

Participants will be able to...

- Learn about the importance of education and training in this area
- Learn about the practical ways of implementing such training



Elizabeth “Like” Lokon, PhD

Elizabeth “Like” Lokon, Ph.D. is the founder of Opening Minds through Art (OMA), an art program for people with dementia. Like (pronounced “Lee-ka”) is an educator, gerontologist, and artist (B.A. in art, The University of California at Berkeley; B.F.A., California College of Arts; MGS in gerontology and Ph.D. in education from Miami University). She is a Research Associate at Scripps Gerontology Center at Miami University. She has made over 80 academic presentations and workshops in the U.S., Europe and Asia. Like continues to make art using fiber and glass.

‘Opening Minds through Art (OMA), an Intergenerational Visual Art Program for People with Dementia: What Works and Why’

Pre-Conference Workshop 5 – Lokon: Wednesday, September 5, 2012 at 1:00 pm – 4:00 pm

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia founded by Dr. Elizabeth “Like” Lokon of Scripps Gerontology Center at Miami University in Ohio, USA. The mission of the program is to build bridges across age and cognitive barriers through art. OMA was founded in 2007 and now annually serves 200 pairs of elders and OMA-trained volunteers. In 2011, OMA received the Best Practice Award from LeadingAge Ohio, the advocate of 400 not-for-profit service organizations for older Ohioans. The program is grounded in person-centered ethics and aimed at achieving the following goals:

- To promote the social engagement, autonomy, and dignity of people with dementia
- To provide volunteers with opportunities to build close relationships with people with dementia.
- To show the public the creative self-expression capacities of people with dementia
- To contribute to the scholarly literature on dementia care and the arts

In this workshop, Dr. Lokon will:

- Discuss the philosophy and methodology of the OMA program
- Show how high school and university students are trained to become OMA volunteers, working one-on-one with elders living with dementia
- Conduct an OMA art-making session for hands-on learning experience
- Show the artwork created by the elders with dementia in the program and the actual art sessions on video
- Share ways of evaluating the art activities and the art sessions
- Share initial findings of the impact of the program on elders with dementia and on the volunteers’ attitudes toward people with dementia.

Participants will be able to...

- Identify what is still possible when people with moderate dementia are given creative self-expression opportunities.
- Identify key principles for designing effective visual arts programs for people with dementia
- Engage in art-making activities based on the above principles
- Evaluate visual art activities for people with dementia

Time	Activity	Format
1 – 2:30	Introduction to OMA philosophy and methodology, including examples on how to train volunteers	Lecture with video clips
2:30 – 2:45	Break	
2:45 – 3:30	OMA art-making session	Hands-on activity
3:30 – 4:00	Evaluating the art-making session based on principles learned at the beginning of the workshop	Discussion

‘Interviewing Decision Makers on Program Adoption: Learning from the Case of the Opening Minds through Art (OMA) Program’

Keynote 3 – Lokon: Thursday, September 6, 2012 at 1:50 pm – 2:20 pm

Many of us have creative ideas that would benefit elders in long-term care facilities. As artists, what do we need to do to get these ideas accepted and integrated into regular activities programming at such facilities? What are administrators looking for when evaluating proposed programs? Interviews with decision makers in several long-term care facilities reveal that certain elements need to be present before an art program conducted by artists, not art therapists, is adopted at their facilities. In this presentation, the founder of an innovative intergenerational visual arts program for people with dementia will share the results of her interviews with decision makers at several long-term care facilities that have adopted her program.

Participants will be able to...

- List factors identified by decision makers in long-term care facilities that are needed before they would adopt an art program for people with dementia at their facilities
- Identify ways to operationalize the factors identified above



John Killick

John Killick was a teacher in further education for thirty years, but a writer in his spare time. He has worked for nineteen years on communication with people with dementia, first of all as Writer in Residence for Westminster Health Care, and then as Research Fellow in Communication Through the Arts for Dementia Services Development Centre at the University of Stirling. As well as working at the Courtyard Theatre, Hereford as Poet in Residence he is currently Writer in Residence for Alzheimer Scotland. John has written extensively on the subject of Communication in Dementia, and broadcast on the BBC's Radio Three and Four and the World Service. He has given presentations and run workshops in many countries including Norway, Sweden, Denmark, Germany, Switzerland, Poland, Australia, Ireland, Canada and the USA. John's publications in the dementia field are extensive. As well as dozens of articles, papers and chapters, he has had seven books published in the field.

'Creating and Enjoying Poetry'

Pre-Conference Workshop 2 – Killick

Wednesday, September 5, 2012 at 9:00 am – 12:00 noon

An experiential approach will be adopted throughout. The workshop will be divided into three parts:

1. One-to-one creation of poems: after an exposition of the principles, and examples of the practice of one-to-one work, everyone will have the opportunity of taking a text and attempting to make a poem from it;
2. Group creation of poems: the process of creating a group poem involves the use of photographs and the facilitator writing up the reactions of individuals in the group to the stimulus provided. These are then shaped by consensus into the finished poem. Participants will have the opportunity to take part in this activity;
3. Sharing both individually and in groups already existing texts: in recent years there have been some very successful attempts to run poetry appreciation groups for people with dementia. A selection of poems will be shared out and the session will proceed in the same way as one involving people with dementia.

A short DVD will be shown illustrating both the one-to-one and group practices. Full consideration will be given to the ethical principles involved in this work. The workshop will end with a discussion of the merits of the various approaches, and where resources can be obtained.

Participants will...

- Be aware of the possibilities in the use of poetry to enhance the lives of people with dementia;
- Be able to initiate and maintain poetry activities;
- Be conversant with the ethical issues involved;
- Be in possession of information about what resources are available.

'Gateways to Creativity'

Keynote 1 – Killick

Friday, September 7, 2012 at 10:15 am - 10:45 am

We shall explore five distinct opportunities which the arts present to people with dementia:

1. **Internal Dialogue:** The possibility of creative self-communing without the necessity of the intervention of a second party;
2. **External Communication:** Contexts for making contact with other people with the condition and others without dementia, often bypassing verbal means;
3. **Activity:** Something vitally necessary in their lives but often denied people, and valuable for its own sake;
4. **Aesthetic Achievement:** Outlets for making beautiful and expressive artefacts which people can take pride in, and which others can celebrate;
5. **Therapeutic Experience:** The process of release of feelings can lead to an access of wellbeing; where it is not the primary aim of the exercise it is not necessary for a therapist to be involved.

Each artform can also be a gateway for someone – it is a matter of finding the form to fit the person. End-products are a valuable by-product of the creative process with people with dementia, but they are not essential; the primary benefit lies in engagement in the moment. This has implications for evaluation. The idea of Flow is an important one for the process. It has been explored by the psychologist Csikszentmihalyi, and in his view can lead to 'self-transcendence'. The presentation will be illustrated with anecdotes and quotations from various sources, including DVD extracts

Participants will be able to...

- Appreciate some of the principles which lie behind the provision of creative opportunities for people with dementia;
- Be able to put into context the many presentations and workshops which follow;
- Be stimulated by the visual and audio material into exploring the potential of the arts for people with dementia and understanding the implications for their own practice and that of others.



Polly Kaiser, PhD

Polly has worked with people with dementia and older people for 28 years. First as a researcher around carer stress in England and France and then as a clinical psychologist in the North West of England. She was previously the National Lead for Mental Health in the Mental Health Equalities team National Mental Health Development Unit at the Department of Health (NMHDU 2009-2011). She is currently employed part time by Pennine Care NHS MH Foundation Trust as the clinical lead for psychological therapies for older people. She is a founding director of Lifestorynetwork CIC. She is vice chair of national faculty of Old Age Psychology (PSIGE). Polly currently sits on two national commissioning groups, one for IAPT and one for mental health. She is involved in training psychologists across a range of topics including diversity and sexuality. She has worked with others on a project to increase access for older South Asian women into mental health services and generally gain better awareness and access to appropriate care. She has taught on a number of clinical psychology doctoral courses on equality issues over the years, including gender, sexuality and cultural diversity. Her research has included physical health, Parkinson's Disease, carers stress and prevalence of mental health in acute care settings.

Ruth Eley, MBA

Ruth Eley is the former National Programme Lead (Delivery) in the Department of Health policy team for older people and dementia. She now works independently. Recent commissions include working with the Joseph Rowntree Foundation on their dementia programme, with the LGA on dementia friendly communities and with SCIE to produce materials to support commissioners faced with emergency homes closures. She is a founder director of the Life Story Network and was the project manager for the "Your Story Matters" training and education programme funded by the Department of Health. Ruth is a qualified social worker, and a published author.



'The Life Story Network – Your Story Matters'

Pre-Conference Workshop 6 – Kaiser & Eley

Wednesday, September 5, 2012 at 1:00 pm – 4:00 pm

As part of the National Dementia Strategy, the Life Story Network (LSN CIC) has been commissioned by the Department of Health to provide a national training programme about life story work in the context of human rights. The "Your Story Matters" project will have provided training to 500 people between November 2011 and March 2012. This will include a train the trainers programme and training for carers in a combination of face to face and online training and create a vibrant, multimedia virtual learning environment.

The purpose of this workshop will be...

- To provide participants with a brief background to the Life Story Network in general and DH project Your Story Matters in particular
- To provide a space for participants to know more about life story work within a human rights based approach
- To reflect on the importance of stories and narratives in their own lives through the use of practical exercises
- Explore how we can embed Life Story work in every day practice

'The Life Story Network – Your Story Matters – Feedback on a National Training Programme'

Concurrent Workshop 3 – Kaiser & Eley

Thursday, September 6, 2012 at 2:45 pm - 3:35 pm

As part of the National Dementia Strategy, the Life Story Network (LSN) has been commissioned by the Department of Health to provide a national training programme about life story work in the context of human rights. The "Your Story Matters" project will have provided training to 500 people between November 2011 and March 2012. This will include a train the trainers programme and training for carers in a combination of face to face and online training and create a vibrant, multimedia virtual learning environment. In addition some of the qualitative outcomes of the training will be illustrated by some of the stories from people with a dementia and their carers.

The purpose of this presentation will be:

- to focus on the critical values and principles underpinning the 'Your Story Matters' project. The essence of YSM centres on the need to help the health and social care workforce build meaningful relationships with individuals with dementia and their families /carers. In this context we make explicit how using life story work within a human rights framework supports person centred practice. Carers and people with dementia have been core to the origins of this group and are part of the advisory panel.
- to report on aspects of the training approach, especially in the context of Human Rights and dignity
- to report the preliminary results from the independent evaluation.



Richard Coaten, PhD

Richard is a Dance Movement Psychotherapist with the South West Yorkshire Partnership NHS Foundation Trust, and works in Older Peoples Services in Calderdale, running a Dance Movement Psychotherapy Service, which he founded in 2005. An experienced arts psychotherapist, dancer, community worker and trainer, he is a leading UK specialist in movement and dance with older people with memory problems. Richard completed a doctoral thesis on the subject of 'Dance Movement Psychotherapy and Dementia' at Roehampton University in 2009. He recognises the need to help support the development and training of dancers, carers and care-workers in the fields of embodiment, embodied practices and non-verbal communication. For more information on Richard's work, please visit <http://www.cs.nott.ac.uk/~ef/Bisakha/20101210MemoryConference/index.html>

'Going by Way of the Body in Dementia Care'

Pre-Conference Workshop 3 – Coaten

Wednesday, September 5, 2012 at 9:00 am – 12:00 noon

An important Jungian notion of the 'compensatory function', states that wherever and whenever the organism is systemically out of balance it endeavours to return to homeostasis, and this is an embodied process, taking place both consciously and non-consciously. In my work 'Going by way of the body', means just that, to go by way of the non-verbal, the embodied; that which is constantly changing, in tune with the phenomenological, the moment-to-moment, improvisatory nature of the dementing condition. 'Rementing' is the real challenge that 'dementing' sets for us, as it opens up ways of staying in relationship with self, with the other and the world; seeking, finding and celebrating all that remains. This workshop brings a combination of the theoretical and the experiential to explore the myriad ways in which embodied practices, centred on movement, dance, music, voice, story and contact all help seek, find and celebrate that which remains; creating an interactional synchrony that is accessible, meaningful and feels good.

The outcomes of this workshop are to:

- Raise awareness of the importance of movement, dance, music, voice, story and contact with people living with dementia in line with latest researches
- Inspire care staff, carers, dancers, dance therapists, activity co-ordinators & others to explore new ways of working and communicating
- Develop high-quality non-verbal communication skills
- Deepen understanding and knowledge about the practice
- Have fun while learning and developing new creative skills
- Build confidence and capacity in providing group & individual practises using these creative media.

What will the workshop consist of?

- A combination of the theoretical and practical – focused on the body and lived-experience from the perspective of the person with memory problems. Skilfully presented, each informing the other.
- Use of a collection of objects to facilitate 'story-telling' (reminiscence) through touch and sight and feel, and ways to build relationships through them.
- Opportunities to move on one's own and in small groups.
- Use of props (Scarves/Octaband/Cloth/Feather's etc) that facilitate movement.
- Use of music live and recorded. (Bring an instrument if you play one)

Participants will be able to have:

- Greater understanding about the importance of non-verbal and body-based communications in the provision of activities.
- More confidence to run group and 1:1 movement, dance and embodied work.
- Opportunities to continue development of this work by joining a network of practitioner's in UK & abroad, receiving information regarding conferences, seminars, workshops etc that take these approaches forward.
- Opportunities to shape the direction and flow of the session as we go along, in line with preparing for the improvisatory nature of the work in the field.

What to bring?

- Workshops are practical sessions, so please bring loose comfortable clothing,
- A notebook/journal.

A flowing and inspiring mix of the theoretical and the practical woven together, involving live and recorded music, powerpoint, DVD, movement and dance, voice, song and story. Break 15 mins (halfway through)

'Finding the Harmony in the Dissonance through Movement, Dance, Music, Voice, Song, Story and Contact'

Keynote 4 – Coaten

Friday, September 7, 2012 at 9:15 am – 9:45 am

The thoughts and ideas expressed here have their evolution in a continuously evolving process with research informing practice and vice-versa. Rodin's extraordinarily moving image of hands in 'The Cathedral' (1908), is the starting point for an exploration of the contemporary relevance of the work of CG Jung with particular reference to 'psychological compensation' (Jung, 1981 p288). An argument is presented that Jung's concept of a self-regulating psychic system, of which 'psychological compensation' (ib.id.) is key, has great relevance in considering the relationship between 'Dementing and 'Rementing'. Wherever or whenever the organism is out of balance might there be an equal and opposite living process to bring back homeostasis; this taking place consciously and non-consciously involving 'going by way of the lived body'? Thus communication by way of the symbolic and the embodied is of great significance here. Psyche expresses itself in many ways, such that staying open to the symbolic, the non-verbal, the playful and the improvisatory nature of 'being', means being 'creatively alert' (Coaten, 2000) towards all that still remains. In this context 'Rementing' is therefore the real challenge for 'Dementing', opening up new and continuously evolving ways of staying in relationship with self, with the other and the world. Rodin's image in this context is therefore a symbolic touchstone, a moving image for expressing an intimacy of relationship between 'Rementing' and 'Dementing'. The ideas expressed in this talk are also explored experientially in the pre-conference workshop, in order to ground the theoretical and the disembodied in contemporary practice.

Participants will be able to...

- reflect on an image and on ideas that could become a touchstone for their own work and practice, in looking for that which remains; that which supports a process of 'Rementing', for the person living with dementia.



Peter J. S. Ashley, Hon MA (Dementia)

Peter Ashley developed an interest in Mental Health and particular Dementia over a decade ago. He has retired from business where for the last ten years of his working life he was the Group Technical Director of a public computing PLC. Graduating in Electronics and Mathematics, he is a fellow/member of several Chartered Institutions. He also holds an Honorary masters for his work in the field of dementia from the University of Worcester. On the 15th July 2000 he was diagnosed with a variant of dementia, Dementia with Lewy Bodies. He is an Ambassador of the UK Alzheimer's Society and the Lewy Body Society, as well as the Patron of the South West Yorkshire Partnership NHS Foundation Trust Collaborative and Governor of the 5 Boroughs Partnership NHS Foundation Trust and sits on numerous Department of Health and other organisations boards.

Suzanne Wightman, RMN MSc

Suzanne Wightman is a Senior Manager – Practice Development in South West Yorkshire Partnership NHS Foundation Trust where she has significant experience in older people services and a particular interest in working with people living with dementia. Work over recent years has included the Trust Collaborative Project and Practice Development Unit accreditation. Other related interests include The Essence of Care, working with family carers, the development of the Admiral Nursing services in the Trust and life portrait work. Suzanne has led the team responsible for the development and launch of Potrait of a Life.



'Portait of a life – delivering care with compassion through life portrait work'

Invited Speakers – Ashley & Wightman

Thursday, September 6, 2012 at 4:15 pm – 4:45 pm

Delivering care with compassion and achieving inspirational outcomes for people with dementia through 'Life Portrait' work is now commonly seen in care settings supported by 'Portrait of a Life' the multimedia toolkit for life story work. Providing a comprehensive A-Z or one-stop shop for life portrait work, this toolkit was developed by the Portrait of a Life team and supported with grant funding from the Mental Health Foundation. Launched in 2010; the toolkit comprises a training DVD, short film, DVD Rom and a written guide. This presentation will describe how life portrait work is the key to person-centred care and will share some inspirational 'life portraits'. This toolkit, not only delivers on the agenda for workforce education but through Portrait of a Life training is developing leaders in the field which is clearly demonstrated through formal evaluation of the work. In many care homes staff turnover has reduced with one reporting 0% turnover since July 2010. Care homes particularly are more able to support residents with an improved ability to meet individual needs through transformational changes to practice. Admissions to hospital have reduced and access to specialist services required less frequently. Most importantly, care settings report raised levels of wellbeing influenced by meaningful and creative care planning, engagement of families and intergenerational work and by delivering care with real compassion.



Larry Gardiner

Trustee, Oxfordshire Advocacy, Barton Neighbourhood Centre

Larry Gardiner has experienced the early onset of dementia symptoms from age 50 and he will be 60 next month. When he became unable to pursue his normal employment he was faced with advocating for himself and his family so that basic needs were met. There was also an extended effort to obtain a diagnosis and so Larry became a dementia advocate and an activist. The re-ablement process he used to recover from a stroke involved dance, movement and singing to recover mobility and speech. He now works as a trustee with Oxfordshire Advocacy and takes a keen interest in promoting and developing their All Ages Dementia Advocacy Project. Larry participated in a research study led by Dr Ruth Bartlett from Southampton University which investigated self-agency, activism and advocacy by people with dementia.

Larry Gardiner

Friday, September 7, 2012 at 9:50 am – 10:20 am

At the end of my presentation I hope to have covered information about dementia from the perspective of an individual affected by one of these neuro-degenerative conditions. In participants will: Acquire a new understanding about the lived experience of dementia, I will talk briefly about the appearance of difficulties, the progression of symptoms, the diagnostic processes and the impact on personal circumstances; Understand the effect and impact of the therapeutic benefits of a variety of approaches from a user perspective which I have been exposed to which may arrest or slow the progression of symptoms, I will talk briefly about adventure challenge, outdoor activities, dance, music, conducted movement, singing for the brain, expressive arts and writing for performance; Have the opportunity to discuss how these might be applied and integrated in their own situations, their practitioner roles, and how clinical impact and benefits might be assessed, monitored and evaluated.

CHAIRPERSONS BIOGRAPHY DESCRIPTIONS



David Jolley

Professor

Afternoon Chair on Thursday, September 6, 2012

Presently Consultant Psychiatrist and Hon Reader PSSRU Manchester University, Hon Consultant Willow Wood Hospice and Gnosall Medical Centre. Publications and presentations on a wide range of topics in old age. Current main interests: providing services within Primary Care, holistic care support throughout the course of dementia and other mental disorders, including terminal care. Patron of Dementia UK: Chair Steering Committee Dementia UK West Midlands. Chairman of the Section (now Faculty) Old Age Psychiatry RCPsych 1989-94. Medical Director and Professor of OAP Wolverhampton 1995-2003. Pioneer in the development of services: recruitment and training for mental health problems amongst older people - South Manchester 1975-95, Wolverhampton 195-2006, Tameside and Glossop 2006-2010.



Rosemary Clarke

Psychotherapist & Advocator of Dementia Care

Afternoon Chair on Friday, September 7, 2012

My working life began in education, latterly as a consultant in the field of religious/social/moral education. Then I trained in gestalt and worked for twenty five years as a psychotherapist, supervisor and trainer. After my mother's illness became very evident in 1998 until the last year of her life, we had an almost uniformly bad experience, lacking the most basic information, support and services. When I began to learn about this illness called dementia I was determined to do all I could that might save others from suffering unnecessarily as we had. Since then I've become a campaigner to educate and persuade key people of the need for better services for people with dementia and their families. This includes working with health and social care staff, writing articles, and lobbying. I'm a member of Uniting Carers, Dementia UK, a trustee of the charity and on various dementia steering groups locally in Worcestershire and regionally in the West Midlands, not least that of the Association for Dementia Studies.

PRESENTATIONS

BIOGRAPHIES & PRESENTATION DESCRIPTIONS

Anke Coomans, PhD Candidate

Music Therapist

University Psychiatric Center, K.U.Leuven, Kortenberg, Belgium

Anke Coomans is associated professor at the master training course for music therapy at the University College of Science & Arts, campus Lemmeninstitute, Leuven, Belgium. She is a music therapist on the psycho-geriatric unit at the University Psychiatric Center, K.U.Leuven in Kortenberg, Belgium. Since 2009, she is a PhD-student at the University of Aalborg, Denmark.

'The value of musical improvisation in music therapy with people with dementia; a research project'

Concurrent Abstract 1 – Coomans

Thursday, September 6, 2012 at 3:40 pm –4:10 pm

In this presentation an ongoing PhD research project is presented, that explores musical improvisation within psychodynamically oriented music therapy with people with dementia. The aim of the study is to explore how musical improvisation can contribute to the development of an intersubjective relationship between a music therapist and a person with dementia. The research is a phenomenological study of video-fragments of individual music therapy=sessions and will focus on the use of musical improvisation. This is a detailed and depth analysis of musical and psychological phenomena and is a new approach to the study of dementia. Subjects for the study are elderly person in a moderate or severe state of dementia. Their admission to the psychogeriatric ward of a psychiatric hospital was necessitated because of the occurrence of behavioural and psychological difficulties. Beyond an outline of the conceptual framework of this study, some preliminary data from the pilot study will be presented, along with video illustrations. Music analysis of musical improvisations will be examined.

Barbara Karmazyn

Drum Circle Facilitator

George Derby Center, Burnaby, Canada

Barbara Karmazyn is an expressive arts educator and drum circle facilitator, providing programs to people of all ages and abilities. She has given workshops in Early Childhood Education, designed and facilitated programs for adults who have developmental disabilities, drummed with elders and is presently creating new programs for people who have dementia. <http://www.karmazyn.com> <http://movingmoments.tumblr.com/>

'The magic of drumming in dementia care'

Concurrent Abstract 2 – Karmazyn

Thursday, September 6, 2012 at 3:40 pm –4:10 pm

This interactive 25 minute session presents the positive affects that drumming can have on nursing home residents who have dementia. Trained by Barry Bitman and Christine Stevens of Health Rhythms, facilitator Barbara Karmazyn will talk about and demonstrate her findings. The question of interest for a six week pilot project was: could drumming improve the quality of life for more isolated and less active residents who have mild to severe dementia? The 45 minute program was so successful that it evolved to an ongoing program based on an artist in residence model. Informal observations and anecdotes were recorded for each participant. Improvements were noted in the following areas: level of engagement - everyone participated as drumming is easy, fun and accessible; alertness - moods improved, shifting from sorrow, sadness, disinterest to joy, delight, curiosity; attention - participants followed instructions, stayed focused and took leadership; new learning - participants learned new patterns and songs; creativity - participants created their own rhythm patterns and contributed their ideas to songs; social interaction - participants greeted one another and cheered for each other. These findings showed that drumming can impact emotional, physical and emotional well being and provide opportunities for creativity, leadership, new learning and a sense of community and belonging.

Claire Garabedian

PhD Candidate

University of Stirling – School of Applied Social Science, UK

Claire Garabedian's background encompasses an active professional cello career, research assistant and fieldwork experience in public health evaluation, specific training playing music at the in palliative care settings. She has a postgraduate diploma in Enhanced Palliative Care, and is currently a PhD candidate at the University of Stirling.

'I'd rather have music: impacts of music for people with dementia approaching the end of life and their carers'

Concurrent Abstract 3 – Garabedian

Thursday, September 6, 2012 at 3:40 pm –4:10 pm

Music can access parts of the brain that remain unaffected by dementia; thus providing an avenue of communication and engagement, and possible enhanced quality of life for people with dementia and their carers. As the lifespan of people in developed countries continues to expand, the demand for non-invasive and non-pharmaceutical ways of providing care and support for people who have dementia and who are very frail is also increasing. However, this population remains under-researched due to complex ethical and communication issues involved. This paper reports findings from fieldwork conducted at five care/nursing homes in Scotland exploring the potential effects of live and recorded self-chosen music on people with dementia who are very frail and their carers. Themes of engagement, loss, and resilience that emerged from analysis of the data are examined; merits and limitations of chosen fieldwork methods and analytical strategies are also examined, providing suggestions for future related research.

Donna Newman-Blustein

Dance/Movement Therapist

Lesley University

Donna Newman-Blustein has worked as a dance/movement therapist with older adults since 1981. She has presented extensively on this topic throughout the U.S. She developed the curriculum and piloted An Embodied Approach to Nonverbal Communication Training for Caregivers of People with Dementia with a Train-the-Trainer component.

'An embodied approach to nonverbal communication training for caregivers of people with mid to late stage dementia: creative dance as the great leveler'

Concurrent Abstract 4 – Newman-Blustein

Friday, September 7, 2012 at 10:40 am – 11:10 am

When dementia robs people of their cognitive abilities, they are often left disoriented and without the ability to communicate verbally. Without words, people with dementia are sensitive to nonverbal expressions of approval and disapproval, support, nurturance, rejection, and abandonment. Ever-increasing disengagement, lethargy, depression or agitation, and ultimately isolation can occur. Staff caregivers are frequently unaware that their nonverbal communication affects the people with dementia in their care. Current training in nonverbal communication for caregivers is limited to static guidelines which, while useful, fail to address the innate and unconscious components of communication. A 36-hour program was designed and piloted at a residential setting in the U.S. in which dance/movement therapy (DMT) and creative dance provided the theoretical framework and mode of learning for staff training in nonverbal communication. Participants learned through experiential structures, discussions, lecture, videotaped observations, and participation in DMT groups with residents. The goal was for increased relatedness between caregivers and people in their care and greater caregiver job satisfaction. Trainee-caregivers reported more effective communications resulting in residents being less agitated, more willing to engage in social activities and more cooperative during personal care routines, and staff feeling more valued.

Orii McDermott

Music Therapist, PhD Fellow

UCL Mental Health Sciences Unit & CNWL NHS Foundation Trust

Orii McDermott, MMT, is a music therapist and works for CNWL NHS Foundation Trust. She is currently undertaking a PhD on music therapy in dementia in Mental Health Sciences Unit, University College London. Her PhD fellowship has been awarded by the Doctorate Programme in Music Therapy, Aalborg University, Denmark.

'Why is music important to you? The development of MIDAS (Music in Dementia Assessment Scale)'

Concurrent Abstract 5

Friday, September 7, 2012 at 10:40 am – 11:10 am

Case reports suggest music therapy may contribute to the wellbeing of people with dementia in care homes. However, the lack of standardised music therapy outcome measures is highlighted in a number of systematic reviews. Psychiatric outcome measures such as the Neuropsychiatric Inventory are frequently used to assess changes in clients' mood and behaviours following music therapy. However, these instruments are not designed to evaluate what may be a personally meaningful experience for people with dementia. Music In Dementia Assessment Scale (MIDAS) was developed using the qualitative data collected from focus groups and interviews with people living with dementia, their families, care home staff and music therapists. The key elements of data collection were to gain insights into: 1) how care home residents used/responded to music! , 2) if people observed any changes following music therapy, and 3) what aspects of music therapy care home residents would say are meaningful to them. The development of MIDAS is part of a doctoral project and the instrument is currently being field-tested. This presentation will describe the process and the challenges of constructing MIDAS and discuss clinical relevance of the instrument with audio extracts from music therapy sessions.

Paula Rylatt

Nurse-Specialist Practitioner in Psychosocial Interventions

Older People's Services, Wakefield, South West Yorkshire Partnership NHS Foundation Trust

Paula Rylatt is a specialist practitioner in psychosocial interventions for older people and work both clinically and within practice development. She works within both recovery and memory pathways, and coordinate a number of arts and health initiatives including the arts and dementia access project (ADAPT) and Vivify; an arts/ sculpture project.

'The benefits of creative therapy for people with dementia'

Concurrent Abstract 6

Friday, September 7, 2012 at 10:40 am – 11:10 am

Aim To evaluate the use of creative therapy, including dance, drama, music and movement, with people who have dementia attending one NHS organisation that provides day treatment and inpatient services. **Method** A one-day training package in the use of creative therapy in dementia care was commissioned from a dance movement psychotherapist. Creative therapy sessions, including dance, drama, music and movement activities were implemented over an eight-week period, a minimum of three times a week. **Observational outcomes** of creative self-expression, communication, pleasure and enjoyment, and general engagement were recorded. **Findings** Implementation of creative therapy resulted in improvements in creative self-expression, communication, pleasure and enjoyment, and general engagement in people with dementia. **Conclusion** The evaluation has emphasised the positive effects of creative or artistic approaches on dementia care, and supports previous research on the use of such approaches in NHS dementia care services. **Further research** on the immediate and longer-term outcomes and benefits of creative therapy for people with dementia is recommended to support the routine availability of such therapy in dementia care.

Debi Lahav

Occupational Therapist

Psychogeriatric Center, Tel Aviv Medical Center

B.A. O.T., M.A. Expressive Therapy. She is working in the field of dementia for over 30 years in clinical settings, program development, training, and support groups. She is head therapist at the Psychogeriatric Daycenter Tel Aviv Medical Center, jointly developed the Activities for Health program and kit with EMDA Israel Alzheimer Association.

'In the armchair with Picasso – an art kit to spark the imagination and promote expression for people with dementia'

Concurrent Abstract 7 - Lahav

Friday, September 7, 2012 at 11:15 am – 11:45 am

Art is a universal language that reflects the human experience and the world around. Though the memory declines in dementia, the sense of aesthetics and enjoyment from something beautiful remains. EMDA, the Alzheimer's Association of Israel has an overall vision of enhancing the quality of life of people with dementia. A strong need emerged to make art more accessible to people in the community and in care facilities. The kit 'In the Armchair with Picasso' was developed and launched in 2010. The kit is a compact exhibition serving as a personal museum for individuals and groups. It contains 45 works of art with explanations of the art, discussion questions, and activity suggestions. The goal of the kit is to help people with dementia express themselves, use their imagination, share their opinions, and connect to their life story. The kit is very versatile and is used in many ways; interactive lectures in daycare centers, individual interaction volunteer program in dementia unit, therapeutic card group at dementia daycare, etc. In conclusion, the art kit helps people with dementia reunite with 'themselves' by opening a window to their world and allowing them to share this with others in a spontaneous and pleasurable way.

PANEL PRESENTATION 1

Thursday, September 6, 2012 @ 4:15 pm – 4:45 pm

Cynthia Heymanson & Kath Kershaw

Trainers & Circle Dance Facilitators

United Kingdom

Cynthia Heymanson worked in Older People's Social Care in statutory and voluntary sectors for 30 years and recently specialised in Dementia Care; Kath Kershaw worked in the NHS for over 20 years as an OT technical assistant and providing arts therapies. They have worked together since 2008 providing training in Circle Dance and hands-on sessions in their localities

'Circle dance for people with dementia and may include their family carers'

Panel Presentation 1 – Heymanson, Kershaw & Jacobson

Thursday, September 6, 2012 at 4:15 pm – 4:45 pm

Our dance activity is based on the existing evidence of the benefits of music and movement for people living with dementia, and the work of an academic/practitioner in the 1990s. Circle Dance uses folk music from many countries, and focuses on celebrations seasons, and life events. The activity can meet the needs of those in the middle stages of dementia for when group activities are particularly required. We have selected the music carefully, simplified steps and offer seated and standing formats, making it achievable for staff to provide, and importantly for the users. Feedback from those we have trained confirm that sessions are much enjoyed, promote relationships, communication and reminiscence work, and confirmation that it engages those who have been reluctant to engage and is a valuable additional activity in their programmes. We continually develop and refine the training day reflecting on comments received, and learning from our hands-on sessions. Evidence based practice has been published by a psychologist. We have trained over 850 staff from Care Homes, Day Centres, NHS settings, community groups and groups of users and carers.

Nicola Jacobson

Dance Movement Psychotherapist

Nicola Jacobson trained as a Dance Movement Psychotherapist at Goldsmiths, University of London 2005-2007, following a passion for dance. Her employment background is in care and support settings and she specialises in working with people affected by dementia. Alongside her dance therapy work she works part-time for the Alzheimer's Society.

'Expression through movement: the experience of dance in a community setting'

Panel Presentation 1 – Heymanson, Kershaw & Jacobson

Thursday, September 6, 2012 at 4:15 pm – 4:45 pm

This presentation will look at the use of dance in a community setting, using an adapted form of circle dance as its basis. It is a regular ongoing group facilitated by a Dance Movement Psychotherapist and is set up to support people affected by dementia who are living in the community. The aims of the community circle dance group are to provide a fun and sociable environment; reduce social isolation; provide a form of exercise with the associated health benefits; enable shared communication, individual expression and creativity; provide opportunities for reminiscence; sustain existing relationships; build new friendships; boost confidence, and generally to increase wellbeing for people affected by dementia, including carers. The presentation will be given jointly by the group facilitator and a group member, discussing how the group was set up, the challenges involved and the experience of being part of the group. We will consider how the dance session supports people living in the community to express their individuality and also have a sense of belonging. The presentation will focus on the experience of setting up this particular group, its challenges and successes, but will also consider implications for similar ventures elsewhere.

PANEL PRESENTATION 2

Friday, September 7, 2012 @ 11:15 am – 11:45 am

Belinda McArdle & Sue Hindle

Music & Creativity Facilitators

Acabellas Singing and Music, Victoria, Australia

Belinda McArdle and Sue Hindle are community music facilitators in Victoria, Australia. Belinda founded Acabellas Singing in 2004 and has worked predominantly with older people for the last decade specialising in facilitating Sing Out – a music making and creativity programme for people with dementia. Sue Hindle became partner in Acabellas after working for several years in aged care and co-founded Sing Out. Together they undertook an extensive process evaluation of Sing Out in 2011/12 currently awaiting publication. Belinda McArdle holds a Bachelor of Arts(Hons) from Deakin University, Australia and both hold Singing and Theory qualifications with Australia and New Zealand Cultural Arts Association (ANZCA).

'Sing out – a programme to remember'

Panel Presentation 2 – McArdle, Hindle & Melhuish

Friday, September 7, 2012 at 11:15 am – 11:45 am

Both the process and impact of Sing Out was evaluated using case studies, participant interviews, observer participant reports, analysis of audio visual material and facilitator diaries, attendance records and staff reports. Data was comprehensively collected over a ten week period however the entire evaluation process was six months and has used information available for the life of the programme. Notable findings were that the Sing Out programme exemplifies the Active Service Model and incorporates best practise principles in aged care. Sing Out also provides participants opportunities to aspire, to develop skill and to be active in making decisions about the programme.

Ruth Melhuish

Music Therapist

Camden & Islington NHS Trust; Music Therapy Works, Worcester

Ruth Melhuish lives in Malvern and has worked as a music therapist since 1991, both for the NHS in London and freelance in people's homes, hospital and care home settings around Worcestershire. She believes that music therapy has an important role to play in supporting people with dementia and their carers.

'Let them bring their own song'

Panel Presentation 2 – McArdle, Hindle & Melhuish

Friday, September 7, 2012 at 11:15 am – 11:45 am

Developing relationships between staff and residents with dementia in a nursing home through involving staff in Music Therapy and Dance Movement Therapy groups. Aims: The authors aimed to explore the attitudes and perceptions of qualified and unqualified nursing staff who participated regularly in music therapy and dance movement therapy groups for residents with dementia in a nursing home. Method: In-depth interviews were conducted with seven staff members. These were transcribed and analysed using qualitative methodology (Interpretative Phenomenological Analysis) to explore the experience and perceptions of the staff. Findings: The findings revealed three significant aspects of the project as a learning experience for nursing staff: 1) they identified key elements of the therapists' approach; 2) they adopted a more reflective approach to their work; and 3) they applied this learning to inform their own practice, leading to improved relationships with residents. Conclusion: Involving professional carers in Music Therapy and Dance Movement Therapy groups may be an effective means of helping to improve relationships between staff and residents in a care home setting, thus fulfilling an important aim of the government drive to improve dementia services in the UK.

PANEL PRESENTATION 3

Friday, September 7, 2012 @ 11:15 am – 11:45 am

Helen Bate

Director

Pictures to Share C.I.C., Tattenhall, Cheshire

Helen Bate's mother had dementia and Helen was originally an Architect before re-training as an illustrator and setting up Pictures to Share.

'The importance of visual media for people with dementia'

Panel Presentation 3 – Bate, Hansen & Staves

Friday, September 7, 2012 at 11:15 am – 11:45 am

Pictures to Share C.I.C. was established with grant funding to provide accessible visual media resources suitable for people with mid to late stage dementia. Suitable pictures have great value for people with dementia if they're presented in the right way. People with mid to late stage dementia can be hard to reach by traditional methods. Powerful images, suitably presented, open doors to communication with others and improve quality of life. Our previous research has encompassed trials of images, books and DVDs with groups in care homes, day centres and those at home. Our latest research project is taking place using a range of visual media with people with dementia in a hospital setting in Limerick, Ireland. If the right imagery is used in the right way, people with late stage dementia and very little communication, can be positively engaged in surprising ways. Benefits include reduced agitation and behavioral problems, alleviation of depression and isolation, and better, more meaningful communication with others. Successful resources for people with dementia don't need to be expensive or require specialist intervention. The simplest resources can have a beneficial and wide ranging impact on hundreds of thousands of people in all types of care environments.

Martha Diane Hansen & Susan Hansen Staves

Martha Diane Hansen, BA (Dee Hansen) – Wife of Harry Hansen, Professional Artist, Caregiver, Mother, Grandmother. Susan Hansen Staves, LMT – Daughter of Harry Hansen, Cranial Sacral Massage Therapist, Artist, Caregiver, Professional Organizer & Home Assistant for Senior Citizens.

'Late stage dementia patient & artist maintains remarkable presence through his art'

Panel Presentation 3 – Bate, Hansen & Staves

Friday, September 7, 2012 at 11:15 am – 11:45 am

After a five year, dementia induced, hiatus from art, accomplished artist and former professor at University of South Carolina Harry Hansen began to draw anew. Early in the disease, approximately the first five years, it was assumed that his self-dubbed "art brain" was lost. Through continual stimulation of games, puzzles, and creative opportunities – offered as a means of behavioral redirection, we discovered that they had an artistic/creative accessing effect. Upon this reconnection with his creativity, he has created hundreds of drawings that undeniably hark back to his exceptional artistic talent, to his personhood and his life long passion. We offer his story as inspiration for family members and professional caregivers to continually seek avenues that will bridge the "patient" back to the "person". Based upon our journey with Harry, we postulate that the "Self" is not lost. Patients given "Opportunities of Expression" individualized to their own story can give way to a continuous kind of "Presence" that is deemed non-existent in many late stage patients. Three years mute and now bedridden, Harry Hansen continues to communicate through his daily drawings. He exhibits a more profound and remarkable "Presence" than we ever dreamed possible. For more information visit: www.hansenpaintings.com.

POSTER PRESENTATIONS

BIOGRAPHIES & POSTER DESCRIPTIONS

Jacqueline H. Morris

Occupational Therapist, Cantilupe Ward, Stonebow Unit, Hereford, UK

Jacqueline Morris is an occupational therapist working in acute inpatient settings for people with dementia for the past seven years both in Worcester and Hereford, UK.

'Mosaics from magazines'

Poster Description – Morris

Mosaic as an art form has a long history with earliest known examples from 3000 BC. A simple, replicable method for making mosaics from magazines has been used on a 12 bedded acute admission ward for people with dementia in the past two years, and produced three beautiful art works for the ward walls. This abstract is a proposal to interview the client, main carer, and care staff, where consent is in place, during the process of creating a mosaic in this setting. This aims to formally identify and classify any perceived benefits of the activity and experience to these clients as an individual or as a group, and to the care team. Grounded theory analysis of the discourse will be carried out and results will be presented and discussed.

Katherine Algar

PhD Student/Research Project Support Officer

Dementia Services Development Centre, Wales, Bangor University

Katherine Algar has worked at Dementia Services Development Centre Wales, Bangor University, since 2009 and started her PhD in April 2011. Her research interests developed through witnessing first-hand the joy that involvement in the arts provides people with dementia.

'A review of observational measures used to evaluate interventions with people with dementia'

Poster Description – Algar

The dynamic nature of psychosocial interventions implies that trying to measure their effects using standardised clinical trials measures may not capture their full effects. Findings such as 'you do it for the moment' (McPherson et al., 2009, *Aging & Mental Health*, 13, 744-752) suggest that rich and valuable data during the sessions may be missed by using standard quality of life questionnaires. This presentation compares observational measures in the context of recording the well being of a person with dementia during and outside of a visual arts intervention. A literature search was conducted using systematic principles of searching, screening and retrieval to identify peer-reviewed English language evaluations of research projects using observational measures with people with dementia. This review supports the Greater Cincinnati Chapter Well-Being Observational Tool as an appropriate measure to evaluate a visual art programme for people with dementia. Videoing the sessions presents some issues but would also add to best practice to help achieve the best assessment of well being of people with dementia in an art session. The results of this review will help researchers plan projects to show the full range of effects for people with dementia of taking part in art sessions.

Tamsin Williams

PhD Student, Aberystwyth University

Tamsin Williams is a PhD student based in the psychology department of Aberystwyth University. Her research interests include the early detection of neurodegenerative disease, the effects of dementia upon art and utilising fractal analysis as a possible predictor of neurodegeneration in artists.

'Dementia and the eye of the beholder: examining the effects of Alzheimer's disease in paintings'

Poster Description – Williams

Though research has demonstrated a decline in artistic ability with the onset of dementia (Crutch et al, 2001), it has also been argued that some elements of creativity - surreal and abstract forms for example – are retained (Miller and Hou, 2004). Despite a diagnosis of Alzheimer's disease, the 'late style' works of abstract expressionist Willem de Kooning are regarded by some art historians as among his greatest (Espinel, 1996). This study wished to explore the possible effect of dementia upon the perceptions of De Kooning's latter works. A review of available literature indicated that paintings created on or after 1970 should be categorised as belonging to De Kooning's 'late style'. Digital copies of 38 of De Kooning's pre 1970 works were paired with 38 'late style' works, images were presented to participants! in pairs. Participants were required to choose the painting they found to be either most complex or most beautiful. A positive relationship was established between art preferences and 'late style'; no relationship was determined between 'late style' and visual complexity. Thus, though Alzheimer's disease had no effect upon the perceived complexity of De Kooning's latter works, latter works were deemed to be significantly more beautiful than earlier pieces.

Wendy Brewin

Creative Spaces Program Manager (Sensory Trust)

Trevarna Nursing Home

Wendy Brewin has 18 years experience working with people of all ages and abilities in outdoor environments; focusing the last 5 years on involving older people with dementia and carers in outdoor activities.

'Creative spaces: dementia, community and environment'

Poster Description – Brewin

Despite research proving the benefits of access to outdoors (e.g. Ulrich 1984, Rodiek 2002,) many older people with dementia, living in residential care, still have little opportunity for meaningful outdoor occupation. This has a detrimental effect on the quality of their physical, psychological and emotional health and increases the social isolation and stigma associated with dementia. Creative Spaces project addresses these issues through the use of outdoor environments with associated creative techniques. It is re-connecting people with dementia, living in residential care, with their community. Based at a care home in Cornwall, residents, carers, volunteers and young people connect through indoor and outdoor creative activities such as Nature Palettes and Memory Postcards; designed to encourage meaningful communication, greater understanding and positive shared experiences. Outcomes from some activities also helped re-design the care home's garden as an inclusive space for home and community events. Care workers report residents involved are less anxious, calmer and have improved sleeping patterns. The young people and volunteers talk about reduced fear of dementia and improved communication with residents. Greater access to outdoors, plus activities linked to nature, for people with dementia reduces isolation and anxiety, improves health and increases community understanding and support.



SEE YOU ALL IN SEPTEMBER!