



**The Society for the Arts in Dementia Care (Australia) Inc.**

Presents:

# **Diversity of Creativity**

## **Symposium 2016**

**Friday 3<sup>rd</sup> June 2016**

**9:30am to 4:00pm**

**Registration 8:45am**

Technology Park Function Centre

2 Brodie-Hall Drive, Bentley WA 6102

# **CONFERENCE PROGRAM**



*Karri Lodge Intergenerational Art Project Facilitated by Kate Campbell-Pope*



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# Welcome from the Chair

## Hilary Lee, MSc, OTR

*Chair and Founder: Society for the Arts in Dementia Care (Australia) Inc*



I'd like to extend a very warm welcome to participants of The Society for the Arts in Dementia Care Symposium for 2016 'Diversity of Creativity'.

Our speakers this year have both a practical focus on building the strengths and potential in people with dementia, as well as finding new opportunities for meaningful expression through the arts, in diverse situations and settings.

I am excited to be providing the Keynote presentation this year, speaking for the first time in Australia about the Creative Expressive Abilities Assessment Tool, which provides health professionals and creative artists a means to evaluate their skilled programs in a unique and simple way, to highlight specific improvements and track progress over time. The data that can be derived from this tool is helpful for audits, funding validation, providing in addition to measurement of outcomes, the valuable language to express the positive impact of all creative expression programs.

We are fortunate to have Nicola Stone and Andy Brown, two highly skilled and dedicated Elder Clowns from the Humour Foundation, presenting about the unique and life-changing work they provide to people in aged care facilities.

Bianca Briggs and Norma Hatchett will be specifically highlighting innovative ways to build supportive, inclusive communities that enable people with dementia to receive compassionate and life-changing support while they are living at home.

I am looking forward to the presentation from Kim Hopkins from Parkinsons WA, who is one of the pioneers in providing dance classes for people with Parkinson's Disease. This is an exciting new and extremely powerful way of facilitating and improving mobility, while at the same time being a joyful creative experience.

We have the opportunity in the afternoon to become involved ourselves in some creative expression workshops to stimulate new ideas that can be used in diverse residential and community care settings, as well as for people living at home. Kate Campbell-Pope and Lara Geach, will provide parallel engaging and empowering visual arts workshops.

The Society for the Arts in Dementia Care is a non-profit organisation dedicated to sharing knowledge and education to improve the quality of lives of older adults with dementia through the creative arts. Founded in 2005, the head office is located in Vancouver, Canada. In 2006, I founded an affiliate to this society here in Perth, Australia. The Society hosts workshops and conferences on Creative Expression, Communication and Dementia (CECD). This year's symposium will be the 10<sup>th</sup> such annual event in Australia.



# About the Society

The Society for the Arts in Dementia Care is a non-profit organisation dedicated to knowledge dissemination and education to improve the quality of lives of older adults and seniors with dementia through the creative arts. Founded in 2005, the head office is located in BC, Canada. In 2006, an affiliate was created in Perth, Australia. The Society hosts workshops and conferences on Creative Expression, Communication and Dementia (CECD).



The society's mission:

The Society for the Arts in Dementia Care is built on the premise that older adults and 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 with older adults by bringing together academic research and practical knowledge. The Society aims to disseminate knowledge and establish links with organizations with similar values worldwide, thereby improving the quality of life of older adults, especially those living with dementia.

## AUSTRALIAN BOARD MEMBERS

The Society for the Arts in Dementia Care (Australia) Inc. is led by a small, but passionate group of individuals with a focus on embracing creative expression, by promoting the value and diversity of art in dementia care.

Hilary Lee, MSc, OTR, Founder, Chairperson

Trisha Kotai-Ewers, PhD, Secretary

Maree Pedaste, BAppSc (OT)

Norma Hachett, Creative Arts Facilitator

Jeni Winslow, OTR

Kate Campbell-Pope, OTR, multi-media professional artist

Dorothee Gevers, OTR

Jo Marshall, MBA, Treasurer, Symposium Coordinator





**Society for the Arts in Dementia Care (Australia) Inc.**  
**Symposium 2016**  
 Diversity of Creativity  
**PROGRAM**

Time	Venue	Sessions	Speakers
8.45am		Registration & Coffee	
9.30am	Theatre	Housekeeping	
9.35am	Theatre	Welcome	Lynn Wade: Aged Care Directorate Department of Health
9:50am	Theatre	Keynote Presentation: The Creative-Expressive Abilities Assessment Tool	Hilary Lee MSc, OTR: Founder and Chairperson of The Society for the Arts in Dementia Care (Australia) Inc.
10:40am	Theatre Foyer	Morning Tea	
11:10am	Theatre	When Staying Home is not an Option...or is it?	Norma Hatchett: Textile Artist and Community Arts Facilitator
11:30pm	Theatre	A Cup of Creativity	Bianca Briggs: <i>Spark of Life</i> Master Practitioner
11:50pm	Theatre	Beautiful Visits of Play and Laughter: Elder Clowns and Laughter Bosses in Residential Aged Care Facilities	Elder Clowns: Nicola Stone Andy Brown
12:30pm	Café	Lunch Break	
1:20pm	Theatre	The Power of Dance for Parkinson's Disease	Kim Hopkins: Dance Teacher, BSc (Physiotherapy)
2:00pm	Alfresco Area	Parallel Creative Arts Workshops	Kate Campbell – Pope: Visual Artist/Occupational Therapist Lara Geach: ARTbundance™ Coach & Practitioner, BA (Honours) Sociology, PGCert in Mental Health
3:40pm	Theatre	Thank you/Feedback	Project Manager: Nicholas Meehan
3:45pm	Theatre	Closing Speech	Hilary Lee: Founder and Chairperson of The Society for the Arts in Dementia Care (Australia) Inc.
3:50pm	Theatre	Handing out Certificates of Attendance	Students of the North Metropolitan TAFE

# Speakers

## Hilary Lee: MSc, OTR

*Founder: Society for the Arts in Dementia Care (Australia) Inc*



Hilary Lee is the Chair of The Society for the Arts in Dementia Care (Australia) Inc, an organisation that originated in Canada, founded by Dr Dalia Gottlieb-Tanaka. Hilary established this chapter of the Society in Perth, Western Australia in 2006. Since then she and her Australian board have co-ordinated the Society's educational symposia, workshops and conferences .

Hilary is one of the leaders of the pioneering social enterprise Dementia Care Australia, working alongside Jane Verity, its Founder and CEO. Their work with the internationally awarded *Spark of Life* Philosophy is now operating in 10 countries. Hilary is President of *Spark of Life* with a global and national focus on education, research and social justice. She works with international leaders who are agents of change in different fields.

Hilary has completed a Masters in Science (Research) at Curtin University of Technology, Perth. She has initiated many pioneering projects in dementia care. These include easing the transition to residential care, the early identification and prevention of depression in people with dementia, and a multidisciplinary approach to palliative care.

Hilary has published articles on her initiatives and has developed a new assessment tool in collaboration with Dr Dalia Gottlieb-Tanaka and Dr Peter Graf at the University of British Columbia, Vancouver. In 2011 Hilary co-edited a book called *Creative Approaches in Dementia Care*, published by Palgrave MacMillan.

## Kate Campbell-Pope

*BaAppScience Occupational Therapy,  
Visual Artist/Occupational Therapist*

Kate Campbell-Pope is a visual artist and Occupational Therapist with extensive experience in the field of aged care. Kate has a strong professional and personal interest in quality dementia care, inclusive of the arts. Her work as an artist (exhibition, community and public arts) has resulted in a number of inter-generational arts based projects in aged care facilities. Kate currently works at Disability in the Arts, Disadvantage in the Arts WA (DADAA) as an artsworker and mentor, and continues to practice as an OT in aged care facilities.



## Bianca Briggs

### *Founder of Heart to Heart Connections*



Bianca is a *Spark of Life* Master Practitioner and her background in nursing and welfare has given her great insight into the holistic needs of older people.

Her background is diverse – gaining employment in aged care, administration, child-care, aboriginal communities, then running 2 business partnerships, as well as having 2 children- one with Autism. She returned to employment as a Welfare Officer of 2 independent living villages where she orchestrated positive changes in active living for over 55's.

She has worked for and with many Community Aged Care Providers, promoting culture change for people living with dementia and has been awarded the Aged and Community Services of WA Excellence in care Employee Award for her contributions.

In early 2016, Bianca formed her own practice called Heart to Heart Connections to bridge the gap of knowledge regarding navigation of Aged Care and support for the ageing population, with a special interest in providing the best outcomes for people living with dementia in the community.

## Norma Hatchett

### *Textile Artist; Community Arts*

### *Facilitator; Family Carer*

Born in Perth West Australia, Norma graduated from WA School of Nursing in 1978. Norma married soon after and settled in the country to raise her 3 sons. Her 2nd child required long term caring after a childhood illness and Norma started a search for meaningful activities that would stimulate and encourage the use of both hands and both sides of the brain. When he left school it was an ideal time to incorporate these activities into a business that could provide activities for adults and children that needed similar supported recreation.

Hooked on Hessian was established in 2000. Norma's son Nathan worked with her and was very involved in all their workshops until his passing in 2011. Norma has run After School Arts in the Perth hills for over 15 years. The last 10 years have seen the completion of 12 Community Tapestries. The last 5 Tapestries have been completed with Dementia Participants and community support.

Norma's caring role extended to assistance for her father in 2005. He has just reached a new milestone of 96 years still in his own home with assistance from an aged care package. Norma is passionate about the arts and arts inclusion and believe the combination of colour, texture, music and creativity makes a difference in peoples lives irrespective of age.





## Lara Geach

***ARTbundance™ Coach & Practitioner, BA (Hons) Sociology, PGCert in Mental Health***

Lara has been making things and creating since she was a child and firmly believes in using creativity for well-being. Anything and everything interests her – crochet, knitting, sewing, doll-making, and painting, weaving and textile arts to name a few. One of her simple pleasures in life is discovering and using new arts and crafts supplies!



As well as creating in her studio in the Hills, Lara is a mental health peer support worker, co-facilitating workshops on self-care and empowerment as part of her work. She also facilitates a women's creativity group at Midland Women's Health Care Place. Lara is a certified ARTbundance™ coach and practitioner which enables her to help others discover their own voice of self-expression, empowering them to unleash their potential through creative activities and exploration of life issues. She offers creative facilitation to individuals and to groups on a workshop basis and can help design creativity solutions and programs for organisations.

Lara believes passionately that non-creativity can be unlearned, and her wish is for everyone to "embrace their creativity" whatever their stage in life.

## Kim Hopkins

***Dance Teacher including Dance for Parkinsons WA, WA Ballet Adult classes  
B Sc (Physiotherapy)  
Post Grad Cert (Womens Health Physiotherapy)  
Post Grad Dip (Ergonomics)***

Kim has a diverse background including training as a dancer and Physiotherapist. Her initial life dream was to be a ballet dancer with her study commencing locally, but then taking her to Sydney and then overseas to America and Monaco to study at some of the most prestigious ballet schools in the world.

Unfortunately in Monaco, at the age of 18, her dance dreams ended when she developed a paralysing neurological condition called Guillaume Barre. She underwent a lengthy rehabilitation programme which further sparked her interest in the human body and movement. The thought of being involved in the dance world was too raw at this time so she went on to complete a Physiotherapy Degree in addition to Postgraduate study in Physiotherapy. As Kim became older, she realised her deepest passion was still dance so she commenced teaching ballet to students of all ages.

In 2015 Kim was involved in the Pilot Program of the Dance for Parkinson's WA class which was such a success an ongoing program was developed. Kim is very excited to be a part of the teaching team of Dance for Parkinson's WA and witnessing the impact dance has on people and loved ones affected by Parkinson's Disease.







## Nicola Stone

### Elder Clown





Nicola Stone is based in Fremantle W.A. and has worked in the Arts in the UK and Australia since 1981.

She has extensive experience in community arts programs in both local and remote communities as a visual community artist and clown.

Having facilitated, coordinated and produced community circus shows with Circus Pip Squeak (U.K.) and Crash Bang Circus (W.A.)

Before joining the Humour Foundation in 2002 and becoming a Clown Doctor. In this position as Dr Dippy she's visited Princess Margaret, Fremantle, and Fiona Stanley Hospital on a regular basis as well as Regional special requests. During this time she's trained in Sydney with Eastern Elder Clowns and Laughter Bosses from Lulworth Aged Care facility and in local hospitals and homes, specialising in working with Dementia residents/patients.

In 2015 the first W.A. Elder Clown pilot program was launched at Wearne House and she was invited to visit weekly as 'Winnie', along with her 'Elder Clown' brother Walter. She is very passionate about this important 'play', bringing her musical and artistic skills and a trolley full of laughs and silliness to share with residents, families and staff.



## Andy Brown

### Elder Clown

Andy Brown is a Community Artist with 35 years experience as a professional Clown, Actor, Playleader, Storyteller, Circus Performer and Trainer, Master of Ceremonies, Drama Teacher, Musician, Magician and Pyrotechnician.

Andy trained in Theatre in Education and Playleading at Children's Activities Time Society under the direction of Joan Pope. The CATS philosophy of theatre as stimulus for meaningful participation in arts activities and learning has continued to influence his practise. He has since performed in schools and kindergartens, at fairs and festivals, , parks, parties, restaurants, night clubs, shopping centres, ballrooms, agricultural shows and hospitals, healthcare and aged care facilities.

Since November 2000 Andy's primary focus has been his work as a Humour Foundation Clown Doctor and Elder Clown, Operating at Princess Margaret, Fremantle Hospital, Fiona Stanley Hospital, aged and palliative care facilities and in remote communities, working in sensitive medical environments.

*The thrill for a performer is in changing the atmosphere through audience connection. In no place is this magic more beneficial than in the medical and aged care environment.*





# Sessions

## Hilary Lee— Keynote Speaker

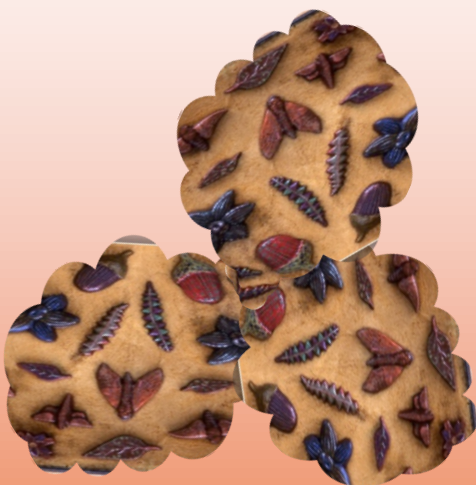
### *The Creative-Expressive Abilities Assessment Tool*

This presentation will provide a unique opportunity to hear from Hilary Lee, one of the co-developers of the Creative-Expressive Abilities Assessment (CEAA) Tool, about the international research and development of this innovative evaluation tool, how it has been independently validated, and feedback from creative arts practitioners around the world.

The CEAA tool is designed to obtain in-depth information about the creative expressive abilities of seniors with dementia. The tool is successful in showing changes in abilities, including improvements, when seniors participate in creative arts programs.

The idea for the CEAA tool was conceived in 2007 after Dr. Dalia Gottlieb-Tanaka, Founder of the Society for the Arts in Dementia Care in Canada, and Hilary Lee met at a Creative Expression, Communication and Dementia conference at the University of British Columbia. The two identified that new instruments were needed for assessing and documenting the benefits of creative activities and related programs, because no such tool existed. Dr Peter Graf, a professor of psychology at the University of British Columbia joined the team, and the 3 decided to develop a practical, comprehensive tool to assess creative abilities of people living with dementia. The process took over 2 years, and took place in Vancouver, Canada and Perth, Western Australia. To date, the CEAA is the only tool of its kind.

The CEAA tool is now being used in several countries, and seminars will now be available from August 2016, to learn how to use this tool in Australia.





## Session Summary For Kim Hopkins

### Title: *The Power of Dance for Parkinson's Disease*

Dance for Parkinson's class has nothing to do with Parkinson's Disease and the symptoms or difficulties it presents, but rather a community focussed on art, enjoyment and possibilities. It is intentionally located away from medical/therapy settings to allow the participants to become and feel like a "dancer" both inside and out. Within the class there is no right or wrong way to dance with the emphasis being on embracing the opportunity to explore different ways of movement. Participants are encouraged to express themselves in their own unique and individual way at whatever level they are capable of managing on that given day. The class caters for and is inclusive of many levels of abilities including participants using walkers/wheelchairs as well as carers/loved ones with no physical restrictions. This allows everyone to come dance, laugh and sing together and then share a cup of tea and a chat.

In addition to the joy of dance there are also many other underlying benefits associated with participating in the class. These include strength and stamina, flexibility, postural stability and balance, movement sequencing, memory, confidence and enhancing the feeling of connection and bonding with others. Different modalities are used to achieve this with music and imagery being very important. They provide a guide for rhythm, movement and mood and are used to facilitate different movement energies being either energetic and strong or fluid and soft.

The beauty of dance is it has the ability to change black and white to colour and who doesn't want to live a colourful life!

## Session Summary For Norma Hatchett

### Title : *When Staying Home is not an Option...or is it*

For the last 10 years I have been caring for my remarkable dad. He tells me it's not much fun getting old. Especially for someone who has led a very full life. Slowing down was never an option. For me the challenge has been to respect his wishes to remain in his own home - a place he has lived in for 50 years.

It has been a journey of putting supports in place and continually reviewing these supports to ensure he is still safe and comfortable whilst retaining his dignity and freedom as much as possible. We have achieved much and listeners will be heartened at Rolf's ingenuity and determination to remain living at home.

Dad has now reached 96 years and I will share some of the stories from within his Community that have enabled both of us to travel this journey together. There will also be some discussion on the early signs of dementia and how this impacts on someone living on their own.

## Session Summary For Bianca Briggs

### Title: *A Cup of Creativity*

When working for a northern suburbs Community Aged Care Provider, supporting people with dementia as a *Spark of Life* Master Practitioner, Bianca realised that there was a gap in creating places for people with dementia to be themselves whilst out in the community. Besides having their loved ones attend Day Centres, or occasionally Senior Citizens Centres who were able to accommodate their loved ones needs, support partners would shy away from taking their loved ones out because of the perceived embarrassment that people with dementia cause when in a social environment

Bianca could see the need for people living with dementia to be an active part of the community, with the people living with dementia experiencing value in their interactions with others of all ages and walks of life, and wondered how she could encourage this enablement and understanding to others.

Bianca approached the owner of a local café and explained about the need for a safe and inclusive place for people living with dementia to be able to socialise and offered to train the staff in the *Spark of Life* Philosophy in the “how” of enabling a positive interaction with people living with dementia.

From there came Memorable Morning Teas, held every 3 months for people living with dementia and their support partners.

## Session Summary For Elder Clowns

### Title: *Beautiful Visits of Play and Laughter: Elder Clowns and Laughter Bosses in Residential Aged Care Facilities*

Elder Clowns are professional performers trained to bring joy and laughter to people living with dementia. Laughter Bosses are members of staff who have received training to bring more play into the lives of residents in their facilities. Elder Clowns and Laughter Bosses work in partnership to improve the quality of life of the elderly, especially those living with dementia.

In this presentation Elder Clowns Winnie and Walter will describe their work and the impact it has on residents and staff.

You are never too old to laugh and play. And never too old to enjoy its physical and psychological benefits.

Bringing more laughter and joy into the lives of people living with dementia is a journey of creativity, connection, playfulness and fun.

Winnie and Walter will give insights into that beautiful journey.



*Walter and Winnie, Elder Clowns*



# Afternoon Workshop 1

## Session Summary For Lara Geach

**Title:** *The 3 M's of Creativity: Meditation, Mandalas and Memories*

So many people have told me they are not creative, have not got the time or need to be 'in the zone' to create. Let's bust these myths together in my '3 M's of Creativity' workshop!



*Lara Geach*

Relax into a creative mood with a short meditation followed by a fun, shared activity involving mandalas to flex those creative muscles! Then we will delve into your personal treasure trove of meaningful memories and moments to create a memory square with a myriad of uses which we can explore together. You will get to use a variety of craft materials and come away with ideas to use for yourself in everyday life and in preparing for your work; as well as creative activities for the people you work with. This workshop will show you how to unleash the flow of creativity with individuals or a group.

# Afternoon Workshop 2

## Session Summary For Kate Campbell-Pope

**Title:** *Join Kate Campbell-Pope in an adventure in textiles!*

Participants will experience two separate textile based activities which hope to inspire and unleash creative responses.

Adapted patch or piece work will combine the joys of texture, colour and stitch, and show how fun and easy this favourite activity can be, either as a one off session or over several weeks or months.

The second activity shows a variety of ways to make textile flowers, from the quick and simple to the more elaborate. A riot of colour and delight will happen when all the flowers are arranged or even planted together.



Through these projects we will learn how some familiar skills for many older people such as stitching, cutting, wrapping and binding can be combined with simple new skills to create beautiful collective art pieces for a multitude of uses. The display and arrangement of finished individual pieces into a collective whole will be explored and many exciting options revealed.



## Venue

Technology Park Function Centre is located just 6 kilometres from the Perth CBD, opposite Curtin University and Perth Hockey Stadium.

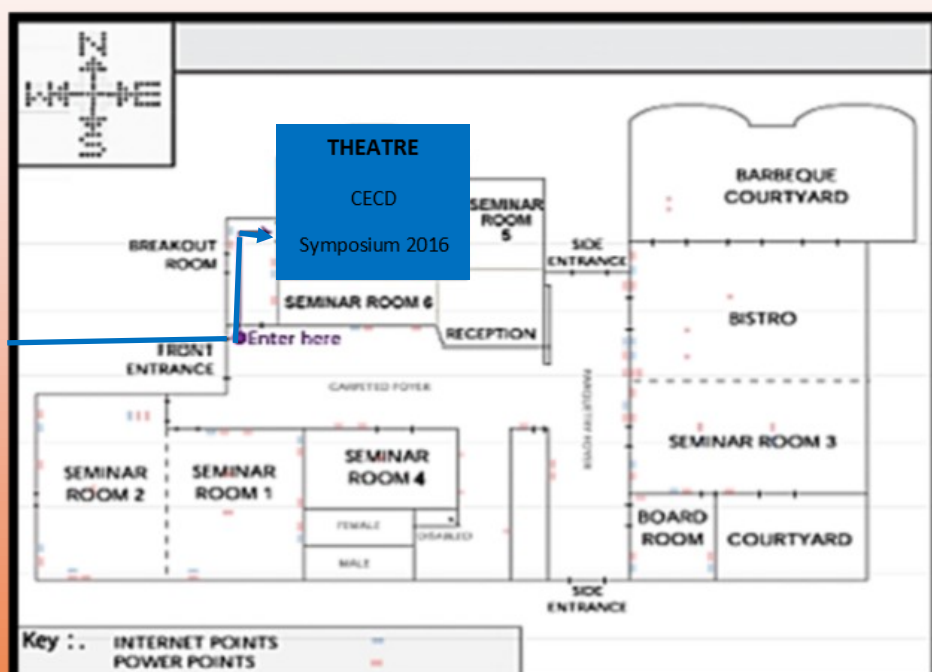
The address is 2 Brodie-Hall Drive (corner Hayman Road) Bentley, WA 6102.

Access to the car park is either from Brodie-Hall drive or Hayman Road. There is a free car park with disabilities bays available located at the front of the building.

Technology Park Function Centre is on TransPerth bus routes 100, 34 and 74.



The symposium will be held in the Theatre Room located directly to the left from the front entrance.



# Organisers

The CECD Symposium 2016 has been organised and managed by Commerce Portfolio students from North Metropolitan TAFE, Northbridge.



Government of **Western Australia**  
North Metropolitan **TAFE**

## Lecturer – Jo Marshall

Mohametto Yoshino

Talwinder Singh

Aleksandra Koloska

Gabriella Basile

Harpreet Singh

Andy Tran

Petronella Munyai

Kate Gurney

Angela Spalding

Frank Nyaondo

Pawandeep Kaur

Fiona Tram

Justinah Ndiwa

Abdullahi Omar

Charanjot Singh

Hue Bui Thi Ninh

Nicholas Meehan

Aisling Leahy

Janpal Singh

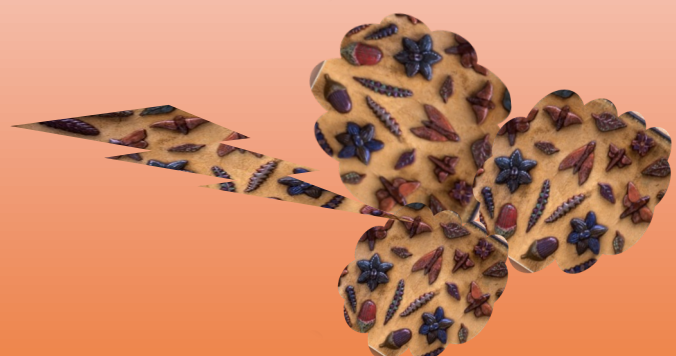
Ellie Reid

# Sponsors

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**Sanderson Road IGA**







[www.cecd-society.org](http://www.cecd-society.org)

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