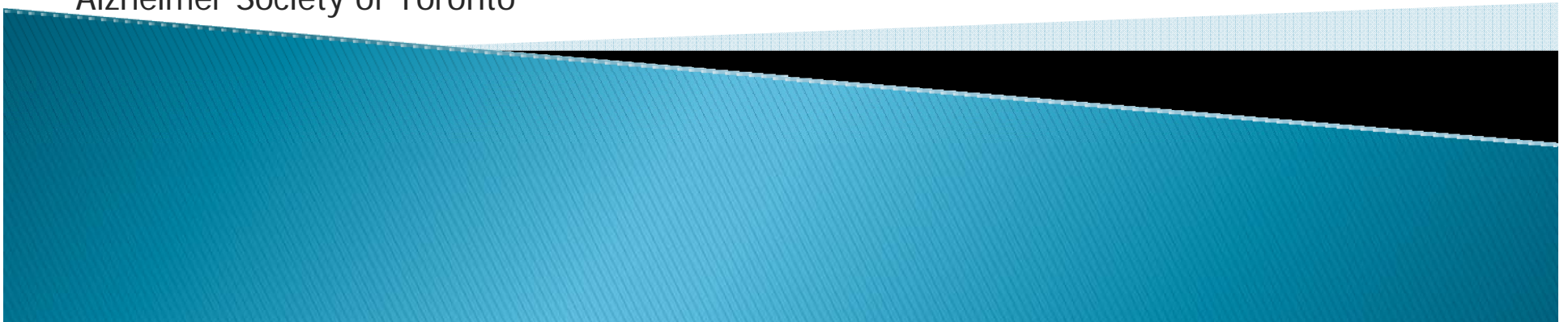




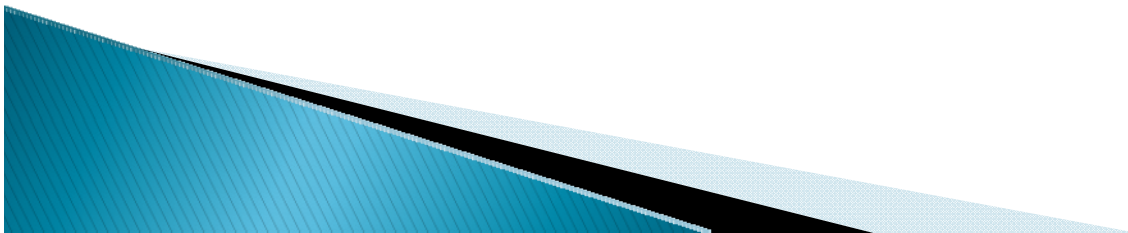
Recreation & Arts Based Programs: A More Holistic Approach to Support

Presented by:
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Alzheimer Society of Toronto



Presentation Outline

- ▶ Introduction to core services
- ▶ Rationale for providing holistic support
- ▶ Special programs offered to persons with dementia and their families
- ▶ Outcomes from creative approaches to support



Alzheimer Society of Toronto

Our Mission:

The mission of the Alzheimer Society is to alleviate the personal and social consequences of Alzheimer's disease and related disorders and to promote research.

Our Role:

The role of the Alzheimer Society of Toronto is to offer support, information and education to people with dementia, their families and their caregivers, to increase public awareness of dementia, to promote research, and to advocate for services that respect the dignity of the individual.

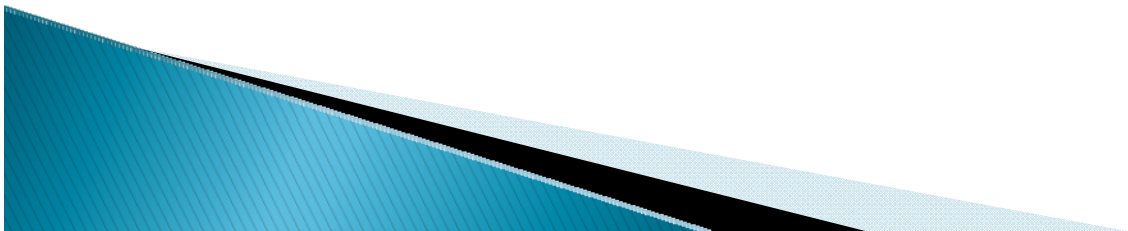
Our Vision:

A world without Alzheimer's disease.

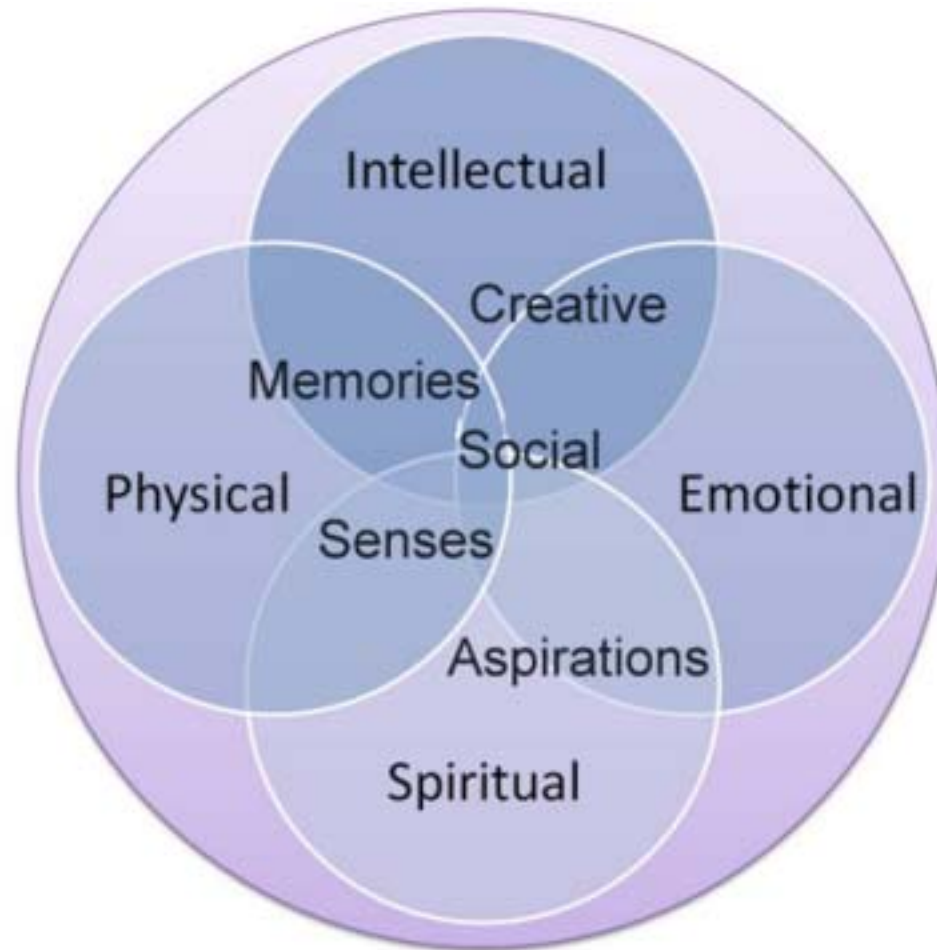


Core Services

- ▶ Counselling
- ▶ Support Groups
- ▶ Education
- ▶ Information
- ▶ Safely Home
- ▶ Diversity Project
- ▶ First Link Program

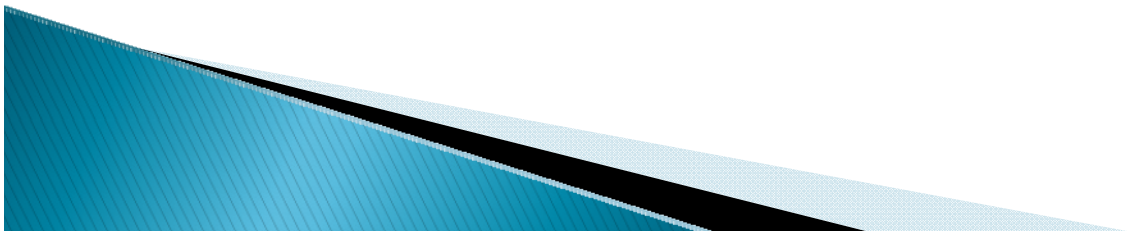


Holistic Approach to Support



Special Programs

- ▶ Dine & Dance
- ▶ Toronto Symphony Orchestra
- ▶ Art Gallery of Ontario Guided Tours
- ▶ Drumming Circle for Caregivers
- ▶ Caregiver Retreats



Dine & Dance



Each spring a special afternoon for persons with dementia and their families is held in the St Lawrence Hall ballroom

Toronto Symphony Orchestra



Yearly outings to an afternoon performance of the TSO with people with dementia and their families

Art Gallery of Ontario Guided Tours



New program for persons with dementia and their families led by AGO staff trained by the Alzheimer Society – *based on MOMA project in New York city*

Drumming Circle for Caregivers

Special evening
provided for
family caregivers



Caregiver Retreats

Friday Program

- ▶ May 2010 to present
- ▶ 6 to 8 members
- ▶ Spouses, adult children & siblings
- ▶ Includes visual artists

Saturday Program

- ▶ September 2010 to present
- ▶ 16 to 20 members
- ▶ Spouses & adult children
- ▶ Most have limited art experience



Basic Components

- ▶ Focusing on the positive
- ▶ A retreat-like atmosphere
- ▶ Mindfulness exercises
- ▶ Expressive arts
- ▶ Videos for discussion
- ▶ Time for sharing
- ▶ Take home readings & exercises



Mindfulness

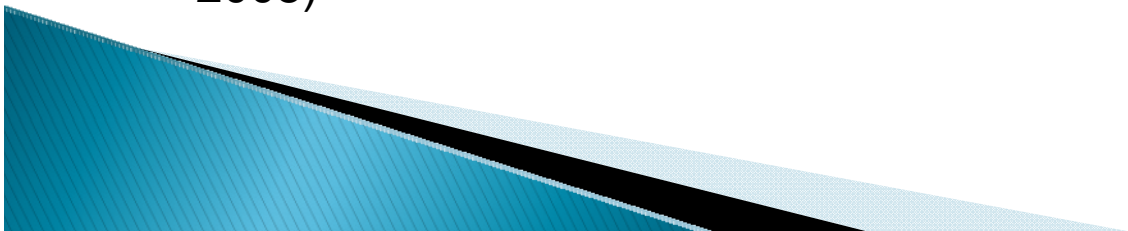
- ▶ To be mindful means to come around to the present moment. Life can only occur in the present tense. The future is uncertain, and has not yet come. The past is gone. It is only in the present moment that we can encounter life.
- ▶ When we are mindful, we approach ourselves and others with an open attitude, an attitude of understanding, which is the same thing as love.
- ▶ This simple practice of mindfulness, of staying in the present moment, being clear and aware, has the power to help us find our way through difficulties.

(Thomas Bien, 2006)



The Power of Creativity

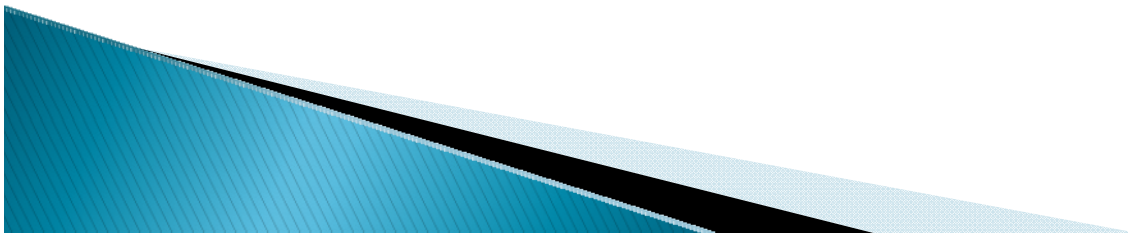
- ▶ Art does not profess to rid the world of suffering and wounds. Creativity engages breaking points and fashions fresh life from them. (Shaun McNiff, 2004)
- ▶ The creative process is healing in itself. The product of creative expression supplies important messages to the individual for useful insights. The process of creation itself is profoundly transformative. (Natalie Rogers, 1999)
- ▶ Creativity is often explained as an ability that allows people to discover a new solution to an old problem or an appropriate response to a new situation. (Knill, Levine & Levine, 2005)



Person-Centred Expressive Arts

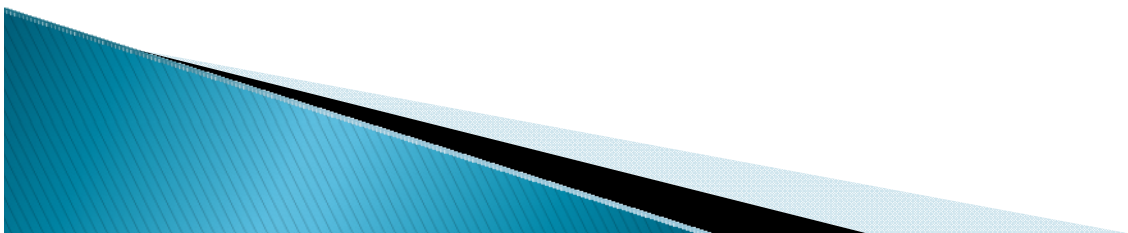
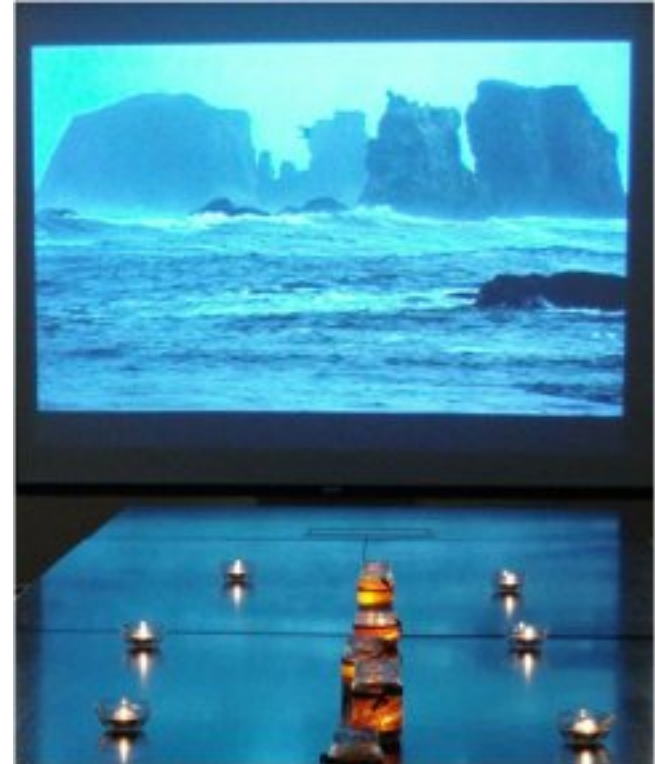
- ▶ All people have an innate ability to be creative.
- ▶ Personal growth, higher states of consciousness and a sense of wholeness are achieved through self-awareness, self-understanding and insight.
- ▶ The expressive arts lead us into the unconscious and allow us to express previously unknown facets of ourselves, thus bringing to light new information and awareness.

(Natalie Rogers, 1999)



Mindfulness/Relaxation

- ▶ Meditation
- ▶ Visualization
- ▶ Reflection
- ▶ Sensory stimulation
- ▶ Check-in



Expressive Arts

- ▶ Storytelling/
reminiscence
- ▶ Painting to music
- ▶ Collage
- ▶ Journalling
- ▶ Poetry writing
- ▶ Sound making
- ▶ Drumming



Visual Arts Projects



Poetry Sessions



Sad, contemplative, meditative
Prayerful, wise, experienced
Layered over a beautiful inner core
Of joy, laughter, love
Vivacious, freedom seeking openness
I am both wise and joyous
I am the richness of me

- *Adult caregiver (daughter)*


Poetry Sessions



Sometimes we feel alone
We know we have lost something
Beauty remains
Sometimes beauty is surreal
We can find our strength and rootedness
Even in our aloneness

- *Spousal caregivers*

Outcomes

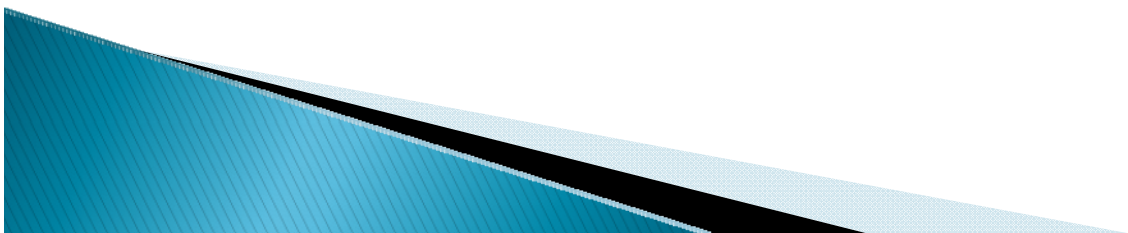
- ▶ Reaffirmed sense of self worth & dignity
 - ▶ Opportunity to relax & enjoy life where others understand
 - ▶ Feeling of community – “I am not alone”
 - ▶ Openness to sharing feelings & experiences
 - ▶ More positive outlook – “I am my own friend here”
 - ▶ Sense of accomplishment, stimulation, meeting challenges
 - ▶ Engagement, re-connection
 - ▶ Improved sense of well being, reduction in stress
- 

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Alzheimer Society of Toronto

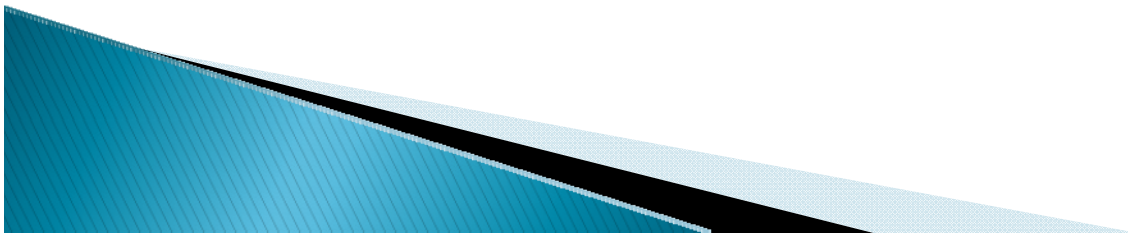
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Questions & Answers

