

4 SIMPLE STEPS FOR A DEMENTIA FRIENDLY ART PROGRAM



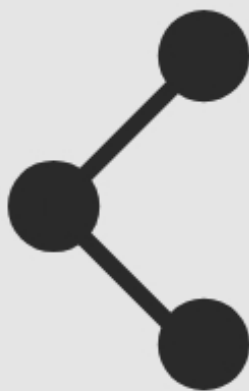
1 INTRODUCTIONS

Every session leader should start by taking time to welcome participants. Saying “hello” to each person and making eye contact are important ways to start the group activity. Introducing both yourself and the activity gives the program a respectful and clear start.



2 PARTICIPATION

Set high expectations for engagement and be prepared to improvise the plan for the activity in order to reach each participant. Accept all contributions and integrate participants’ experiences into a whole using the “yes, and” approach, which accepts each person’s response (“yes”) and adds it to the story being created or told (“and”), rather than offering a negative or corrective response.



3 CONTEXT

Commit to high-quality arts experiences that are age-appropriate. Although people with dementia lose their cognitive abilities as this disease progresses, activities should be maintained that engage older adult learners by treating their life experience with respect.



4 LOCATION!

Secure space conducive to engagement. Keep visual and auditory distractions to a minimum so that participants can easily see the facilitator and the art form presented, and so they can hear instructions and others' responses in the room.

**CELEBRATE ACCOMPLISHMENTS
AT THE END!**



Source:
Bienvenu, B. and Hanna, G. (2017). Arts Participation: Counterbalancing Forces to the Social Stigma of a Dementia Diagnosis. The AMA Journal of Ethics, 19(7), pp.704-712.