

arts in ELDERCARE SEMINAR 2016

1 & 2 SEPTEMBER 2016

The Arts in Eldercare Seminar is an annual platform bringing together social and healthcare practitioners, aged care policy makers, artists to explore how the arts can engage and empower our elderly for creative ageing.



CREATIVITY DOESN'T DIMINISH WITH AGE

"Every human being has some creative capacity. It is as if the creative potential serves to protect him against mental impairment. So our creative potential can be useful to prevent mental health problems."

Professor Kua Ee Heok, Professor of Psychiatry, NUS & Senior Consultant Psychiatrist, NUH
Arts for Mental Healthcare of Elderly



SENIORS WANT TO BE PROUD OF THEIR WORK

"When you work with seniors, they have life experience. They don't want to do anything bad. When we talk about arts programmes like this, people tend to focus on process. Whatever they create is not that important, as long as they participate, it's good. I don't think so. Cos if I'm the one, I would be embarrassed if I don't do a good job."

Yoko Hayashi, Representative Director of Arts Alive & Professor of Arts Management at Shobi University (JPN)
Arts and Ageing in a Rapidly Ageing Community



ARTS ENGAGEMENT CAN BE THERAPUTIC

"Participatory art is concerned with active arts engagement in terms of producing art. It can be carried out in various settings, not necessarily therapy-based. I see it as health and wellbeing resource and can have positive impact on promoting mental health, enhancing morale, lowering depression symptoms."

Michael Tan, Asst Professor, School of Art, Design and Media at NTU
Considerations for Effective Participatory Arts Programmes



ART HUMANISES THE THINGS WE SAY AND DO

"We had an issue about how to talk about end-of-life care in the hospital. They came up with multi-disciplinary art expressions. They had forums, they had reflections, they had theatre. They had little things that they put up all over the hospital to help people think about it. People were engaged, talking about it, putting up things on the wall."

Kenneth Lam, Senior Operations Manager, Yishun Community Hospital, Alexandra Health System
Overview of Art and Health in Alexandra Health System – Are we behind the curve?



BE CLEAR OF EACH INDIVIDUAL'S ROLE IN ENCOURAGING ART MAKING

"Make sure Art teacher will be Art teacher; Art facilitator will be Art facilitator; Art therapist will be Art therapist. Make that distinction. Then you find funding to support the operation. Don't get an Art teacher to try to do an Art therapist's job. It just doesn't work!"

Jane Goh, Head, Creative Services of Singapore Association for Mental Health
Changing Landscape of Arts in Mental Health



RECOGNISE THE CONTRIBUTIONS OF THE ARTISTS

"What we've done is we've gotten the developers to put their skin in the game. We get developers and owners to pay for these projects [arts programme] – ten-year contracts providing seniors with programming, source of funding for us that's un-ending, very sustainable. The financial model of how we do it [arts programme] is very important. Everyone's talking about it – how do you get the artist paid? We have to sell the arts like we sell everything else."

Tim Carpenter, Founder, EngAGE (US)
Case Studies for Bridging Partnerships for Artful Ageing



ARTS PROGRAMME BENEFITS FACILITATOR AND THE SENIORS

"Respect and acknowledge each other's talents and abilities – culturally and professionally. All our art facilitators, helpers have one mindset ... we are there to learn from the elders, and we are there to make them happy."

Evelyna Liang, Artist, Art Consultant (HK)
Arts & Ageing Beyond the Centre – Use of Therapeutic Expression Art beyond care settings

CHECK OUT THE ARTS IN ELDERCARE SEMINAR VIDEO HERE

For more information, visit artsforall.sg
Stay tune for the next Arts in Eldercare Seminar