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SEMINAR 2018

6 & 7 September 2018

Guest-of-Honour

Mr Baey Yam Keng

Senior Parliamentary Secretary
Ministry of Culture, Community and Youth

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ARTS



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Q&A at Function Hall
Q&A at Breakout Session B



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ABOUT THE SEMINAR



The Arts in Eldercare Seminar is an annual platform bringing together social and healthcare practitioners, artists, community leaders and funders to advocate the value of the arts for seniors. This year, the platform will cover topics such as **digital approaches to engaging seniors through the arts** and **integrating the arts in residential and community care settings**.

The two-day Seminar will highlight innovative programme models from Singapore, Japan, South Korea, and the United Kingdom, and provide hands-on learning opportunities for artists, as well as social and healthcare practitioners.

The Arts in Eldercare Seminar 2018 is part of Silver Arts 2018.

PROGRAMME

Thursday, 6 Sept

Time	Programme
8:00AM	Registration & collection of headphones
8:50AM	Participants to be seated
9:00AM	Arrival of Guest-of-Honour Mr Baey Yam Keng Senior Parliamentary Secretary Ministry of Culture, Community and Youth
9:05AM	Introduction
9:10AM	Opening address by Guest-of-Honour
9:20AM	Keynote 1: Growing an 8-Year Public-Private Partnership for the Culture and Arts Education of the Elderly Ms Jeon Hye Won, Head of Department, Korea Association of Senior Welfare Centers (South Korea) The elderly in Korea are at the centre of Korean modern history, experiencing colonisation, division, rapid economic growth and ageing. For eight years, the Korea Arts & Culture Education Service (KACES) and the Korea Association of Senior Welfare Centers have worked to provide culture and arts education based on mutual trust so that the elderly can experience culture and arts in their everyday lives. Jeon Hye Won will share on the influence of culture and art education on the lives of Korean elderly people, the operating system that makes it possible, and future development directions.
10:10AM	Tea Break*
11:00AM	Keynote 2: The Digital Age: Art, Creativity & Technology for Seniors Ms Claire Ford, Founder, We engAGE (United Kingdom) Claire Ford from We engAGE will present on how digital creativity can be used to engage older people living with dementia. She will share a variety of creative projects, and show how these informed the We engAGE model and its ways of working.

*Halal and vegetarian options will be served.

11:35AM

Plenary Panel Discussion: Engaging seniors through the arts and new digital approaches

Moderator:

Ms Ng Wen Lei, Co-Founder,
Betwixt Festival and Spang&Lei

Panellists:

Ms Claire Ford (United Kingdom)

Mr Kyung Heo, Director, National Association of Community Mediacenters (NACM) (South Korea)

Mr Moses Sia, Arts Educator

Mr Lee Sze-Chin, Art Therapist, St Luke's Hospital and Jurong Hospital;
Associate Faculty, Singapore University of Social Sciences

The panel will discuss present and future possible ways to integrate digital approaches in the arts and community care settings, and propose how social and healthcare practitioners can find their own approaches to harnessing digital technology to enhance the quality of life for seniors.

12:30PM

Lunch*

1:50PM

Performance: It's a Happy, Happy World!

Mr Jeffrey Tan, Theatre Director and Drama Educator

Mr Vincent Yong, Somatic Artist

Seniors from NTUC Health Active Ageing Hub

Youths from Republic Polytechnic

What is intergenerational communication? What is happiness? What makes us happy? How can we build a happy, happy world?

This performance is an extract from a longer interactive, intergenerational Community Arts Project, part of Silver Arts 2018 that explores happiness through the eyes of both seniors and youths at Kampong Admiralty.

Led by experienced theatre director Jeffrey Tan and somatic artist Vincent Yong, the participants underwent a series of storytelling and creative movement explorations from June to September 2018.

2:00PM

Keynote 3: Art Delivery to Care Homes

Ms Emiko Namikawa, President,
NPO Art Resources Development Association (Japan)

By bringing art workshops to care homes, a creative exchange between artists and the elderly may be established – artists can help the elderly express their intrinsic identity, while the elderly may also inspire artists in their work. This can help all present at the workshop – including care staff and volunteers – build meaningful relationships, as they realise their equality as humans through the artmaking process.

*Halal and vegetarian options will be served.

	Breakout Session A @ Function Hall	Breakout Session B @ Classroom B1.09
3:20PM	<p>Learning from Happiness: Reflections on 'It's a Happy, Happy World' – An intergenerational storytelling and movement project held at NTUC Health Active Ageing Hub</p> <p>Mr Jeffrey Tan and Mr Vincent Yong</p> <p>Artists Jeffrey Tan and Vincent Yong will share their experience and discoveries from working on this four-month Community Arts Project, which explored happiness through the eyes of both seniors and youths.</p>	<p>"Arts for Seniors? But How?" – Programming the arts for the social sector</p> <p>A/Prof Kenny Tan and Mr Winsy Takumi Togelang, St Luke's Eldercare Ltd Ms Angeline Lau, Thye Hua Kwan Moral Seniors Activity Centre</p> <p>Insights will be shared on selecting suitable arts programmes for seniors. Taking into consideration their profiles, needs and interests, pick up tips and ideas on collaborating with artists to tailor activities for beneficiaries to enjoy.</p>
4:05PM	<p>Expressing, sharing and participating through digital media for the elderly</p> <p>Mr Kyung Heo, Director, National Association of Community Mediacenters</p> <p>This session will share on NACM's Media Literacy Education Support Project and its impact, the role of the Community Mediacenter in media education for seniors, and future directions of the project.</p>	<p>SPARKS! - Sharing on AIC's Visual Arts Residency in Nursing Homes</p> <p>Dr Michael Tan, NTU Ms Joanne Lio, Visual Artist Mr Stanley Koh, Photographer Ms Joyce Anna, St. Andrew's Nursing Home (Bangkok) Ms Vc.Praba, Villa Francis Home for the Aged</p> <p>Three artists will share their experiences partnering nursing homes as part of the Agency for Integrated Care (AIC) Visual Arts Residency pilot. The session will also explore how arts and healthcare practitioners test new content and co-develop engaging and innovative art activities with nursing home residents and staff.</p>
4:35PM	Q&A	Q&A
4:50PM	Wrap-Up by Mr Kenneth Kwok, Assistant Chief Executive, National Arts Council	
5:00PM	End of Seminar	

PROGRAMME

Friday, 7 Sept

[FULL] Workshop by Claire Ford Arts, Creativity & Technology for Seniors with Dementia



Drama Centre, Level 3, Function Room 1
9am - 11am & 2pm - 4pm

This two-hour workshop will provide an overview of the We engAGE model, and a hands-on experience of how mobile technology can be adapted for seniors and their creative expression. The session will review a variety of tried-and-tested apps, that tap into the five human senses and other traditional art forms, to cover an array of levels for people in the earlier to later stages of dementia. Claire will also share good practices and lessons learnt in her journey with We engAGE.

KEYNOTE SPEAKERS



Ms Claire Ford
Founder
We engAGE

Claire Ford is a socially-engaged visual artist whose work is multidisciplinary and process-led, often inspired by conversations, observations, objects or life stories. Relationships, multi-sensory exploration and imagination are an essential part of the creative journey. Claire aims to inspire the lives of people living with dementia. She aims to shift and question society's perceptions of living with dementia from a negative to a positive paradigm. We engAGE is a project that Claire runs and coordinates with a collective of artists across the UK. It aims to use digital creativity to engage older people in the arts.



Ms Jeon Hye Won
Head of Department
Korea Association of Senior Welfare Centers

Jeon Hye Won is the Secretariat-General of the Korea Association of Senior Welfare Centers, which works extensively on arts education projects for seniors. Her work focuses on developing new, relevant projects for seniors that respond to rapid social changes, as well as supporting research on arts and cultural education for seniors in order to influence the work of Senior Welfare Centers. She has previously presented on a variety of eldercare-related topics at many platforms, including an international conference by the Korean Gerontological Society in 2017.



Ms Emiko Namikawa
President
NPO Art Resources Development Association

Emiko Namikawa is the President of the NPO Art Resources Development Association (ARDA) in Tokyo, Japan. Her arts experience includes running contemporary art gallery Lunami in Tokyo, as well as organising and curating several exhibitions in Australia and Asia, such as the International Art Festival Tachikawa - LIVE, which featured 22 female artists. In 1998, she closed Gallery Lunami, and started Art Delivery to Care Homes in the following year. She established NPO ARDA in 2002, which is active in bringing the arts to elders in care homes and children in schools.

SPEAKERS, PANELLISTS, AND MODERATOR



Mr Jeffrey Tan
Theatre Director
Drama Educator

Jeffrey Tan is an experienced theatre director and drama educator, drama educator who has worked with different communities from children, youths to seniors. He has worked full time with The Theatre Practice, School of Drama, Lasalle College of the Arts, TheatreWorks, Singapore Arts Festival, National Arts Council, Community Arts and Culture Division, People's Association and Centre for the Arts, National University of Singapore.

This is Jeffrey's third community project with the National Arts Council after 'Capture that Love' (2015) and 'Open Homes - The Seniors Edition' (2017).



Mr Vincent Yong
Somatic Artist

Vincent Yong is an award-winning scholar and artist. He is the first Certified Movement Analyst and Registered Somatic Movement Educator and Therapist in South East Asia conferred in the USA. Vincent recently presented at a conference held at Harvard University on the effects of bodies in "empathy". With over 17 years of international experiences, Vincent has performed, choreographed, produced, trained, programme-designed and provided therapy for professionals across 20 plus countries and 20 over sectors. He has also published a book on *Flow*.



Mr Kyung Heo
Director
National Association of Community Medicenters

Kyung Heo is the Director of the National Association of Community Medicenters (NACM) in Korea, as well as the professional consultant on media education for seniors for Korea Arts & Culture Education Service (KACES) and NACM. He is also part of the Korea Association of Community Radio, which enables the community, including seniors, to directly produce programmes. Since 2013, NACM (together with KACES from 2016) has supported local community medicenters in providing media education for seniors – activities such as making short films and producing content for social media, radio, podcast and Youtube.



A/Prof Kenny Tan
Chief Executive Officer
St Luke's Eldercare Ltd

A/Prof Kenny Tan is a medical doctor by training, having graduated from Yong Loo Lin School of Medicine, NUS in 1998. He was previously the Chief Operating Officer of St Luke's Hospital and St Luke's Eldercare since 2013; and took over as the Chief Executive Officer of St Luke's Eldercare Ltd since August 2016.

He believes in life-long learning, and has post-graduate training in education, business, theology and counselling. He also has a passion in education, and currently holds a joint appointment with Singapore Institute of Technology.



Mr Winsy Takumi Togelang
Centre Manager
St Luke's Eldercare Ltd

Winsy Takumi Togelang is an experienced Centre Manager with two Masters Degrees in Health Management and Science in Nursing. He also has ten years of hands-on experience, including work experience in the eldercare sector in Japan and Indonesia. He has been with St Luke's Eldercare since 2014, and is responsible for the organisation of the day centre, ensuring the quality delivery of day-to-day care services to meet the assessed needs of the seniors.




Ms Angeline Lau
Centre Manager
THK SAC @ AMK 645

Angeline is a Centre Manager at THK Seniors Activity Centre @ Ang Mo Kio 645, and has been at this SAC since 2014. Before joining the social service sector, she was a primary school teacher.



Dr Michael Tan Koon Boon
Assistant Professor
School of Art, Design and Media
Nanyang Technological University

Michael Tan is an Assistant Professor at the School of Art, Design and Media at Nanyang Technological University (NTU). As an advocate and a leading arts-health practitioner in Singapore, he has developed projects such as 'Let's have tea at the Museum', a dementia & art project with Alzheimer's Disease Association (ADA) and The Tulip Story for Parkinson Society Singapore. He also serves as an art advisor to Art and Health at Ng Teng Fong General Hospital and has recently developed an innovative new postgraduate course on Arts, Ageing and Wellbeing at NTU.



Ms Joanne Lio
Visual Artist

Joanne Lio is a visual artist. She graduated from Nanyang Technological University School of Art, Design and Media with a BFA (Hons) in Visual Communication in 2012. She is an art educator to both children and the elderly, specialising in Art curriculum and events. She has started working with seniors since 2012 by organising and conducting a range of meaningful art processes for Parkinson Society Singapore, Alzheimer's Disease Association, Agency for Integrated Care, Lions Befrienders and St Luke's Eldercare. She was part of the curation and coordination for the Silver Arts Festival 2017 Exhibition at Our Tampines Hub.



Mr Stanley Koh
Photographer
TOPIXSTUDIO

Stanley Koh has been a photographer for 10 years and the owner of TOPIXSTUDIO, specialising in portraits.

Currently, Stanley is working with a few welfare organisations, teaching digital photography as an art to the elderly dementia folks at Alzheimer's Disease Association (5 years running) and Down Syndrome Association of Singapore (3 years running).



Ms Joyce Anna
Medical Social Work Associate
St. Andrew's Nursing Home (Buangkok)


Joyce Anna is a Medical Social Work Associate at St. Andrew's Nursing Home (Buangkok), a 300-bedded psychiatric and dementia nursing home that provides long term nursing care for residents.

Residents receive a spectrum of services, including nursing and rehabilitative therapy services in a safe and supportive environment. Daily activities include physical exercises, art and crafts, social and recreational activities such as singing, dancing and outings to develop their social interaction skills.



Ms Vc.Praba
Physiotherapist
Villa Francis Home for the Aged

Vc.Praba started her career as a Physiotherapist in Geriatric ward in an acute hospital in Singapore. Currently working in Villa Francis Home for the Aged, she coordinates the Rehabilitation Department and organises events and projects for the wellness of the residents. These projects include I-TAP, an Interactive Tablet Programme which enhances psychosocial interactions among long-term care residents, and the Visual Arts Residency pilot project with AIC and NAC. She is pursuing her masters in Applied Gerontology in Nanyang Technological University.




Mr Lee Sze-Chin
Art Therapist
St Luke's Hospital and Jurong Community Hospital
Associate Faculty
Singapore University of Social Sciences

Sze-Chin is an artist, art therapist and arts educator. He has worked in diverse settings, delivered numerous presentations and facilitated workshops for medical, educational and social service professionals. Sze-Chin's recent research focuses on the impact of digital technologies on social, emotional and psychological wellbeing. He has been examining the use of affordable virtual and digital tools for engaging in immersive experiences. Sze-Chin believes that these technologies can promote creative self-expression, and stimulate the [re]construction of new meanings, narratives and identities.



Mr Moses Sia
Arts Educator

Moses has a special interest in creativity, learning and technology. As an artist-educator, he has designed and conducted process art sessions for groups spanning preschoolers to seniors.



Ms Ng Wen Lei
Co-Founder, Betwixt Festival
Co-Founder, Spang&Lei

Wen Lei is an artist & educator, and a graduate of NYU's Interactive Telecommunication Program (ITP). Wen Lei hopes to initiate a dialogue between the state of Singapore's digital-art technology and Singapore's level of participatory politics. Her current interests include storytelling through food and data, and developing miniaturisation and mobility as design methodology for minoritarian empowerment.

ART PROJECTS ON DISPLAY

Digital tools offer fun and accessible ways for seniors to create artworks that feature images, objects and sounds that are familiar to them. View the following art projects outside the Function Hall!

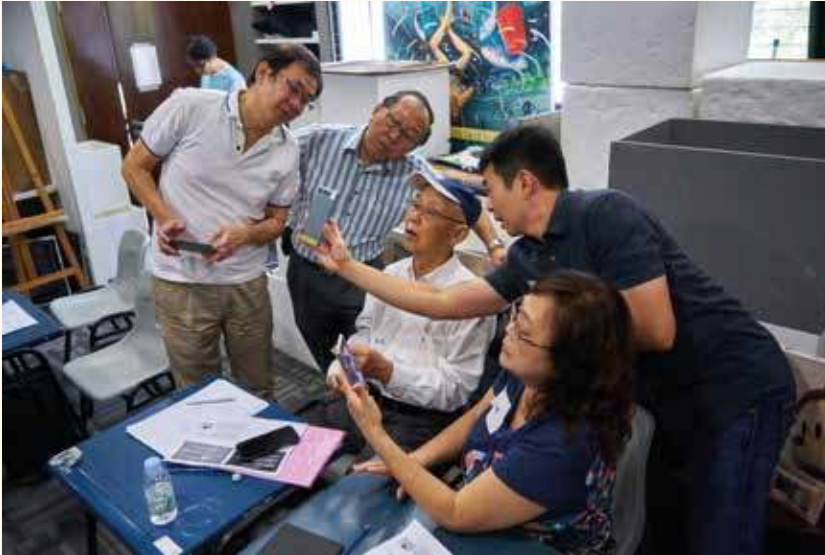
Happy Kopi by Moses Sia



During weekly sessions, nursing home residents imagined different scenarios in their *kopitiam*s, creating characters, items and stories that reflected their personal experiences. Residents crafted puppets, converted them into a digital format, and recorded their own voices to bring the puppets to life in this multimedia project.

Happy Kopi was created as part of the Agency for Integrated Care (AIC) Visual Arts Residency pilot (October 2017-January 2018) with residents from ECON Medicare Centre and Nursing Home.

magic mARkers
by Lee Sze-Chin, Woon Tien Wei and Nigel Chen



Senior participants were enabled with augmented and virtual reality (AR and VR) tools to (re)present and create their own narratives about a place of their childhood or youth. In revisiting their youth through a digitally-mediated experience, the participants were inspired to share their journeys, as well as to make new connections with their peers through digital artmaking. Visit this exhibition to view their intimate stories of forgotten places in Singapore.

magic mARkers is a community arts project (CAP) and is showcased as part of Silver Arts Exhibition at National Library Building, The Plaza from 15 – 30 September 2018.

The smartphones at this displayed project are sponsored by SONY.

FURTHER RESOURCES

Befriender's Arts Toolkit

Befriender's Arts Toolkit is a resource that provides befriender volunteers with simple art-based activity ideas that can be used as part of befriending home visits. These activities do not require prior training or background in the arts, and are intended to bring arts experiences to the underserved to stimulate conversations.

These activity ideas are available for download from the Arts for All website. Developed by artists/arts practitioners, the Toolkit provides step-by-step instructions, conversation tips and a list of materials required.

NAC hopes to work with Social Service Organisations and community volunteers regardless of arts experience, to bring the arts to the underserved communities. If you would like to receive starter toolkits (subject to availability), please email us at nac_artsforall@nac.gov.sg.

For more information on the **Befriender's Arts Toolkit**, please go to www.nac.gov.sg/BAToolkit.

WeCare Arts Fund

WeCare Arts Fund is a collaboration between the National Arts Council and the People's Association. Administered by the five Community Development Councils, the fund aims to increase arts access for beneficiaries within the social service sector.

Social Service Organisations can apply to this fund and work with artists to develop interactive arts workshops, which are customised to the needs and interests of their beneficiaries in the various artforms.

For more information on the **WeCare Arts Fund**, please go to www.artsforall.sg/initiatives/artreach/wecare-arts-fund.aspx.



Sparks! Art for Wellness Toolkit (Advance Preview)

The Sparks! Art for Wellness Toolkit features art activities from the Community Care sector's inaugural Arts Residency which was held under the auspices of the AIC Wellness Programme. It showcases a range of art techniques and art activities designed by ten artists who were paired with nine nursing homes across Singapore for the Arts Residency. The Arts Residency pilot was a joint initiative by the Agency for Integrated Care and the National Arts Council.

These toolkit activities are resources made publicly available for the Community Care Sector and volunteers. Developed by artists, this toolkit provides step-by-step instructions and facilitation tips so that anyone, regardless of their previous art experiences, can lead sessions confidently.

Please go to www.aic.sg/aic-wellness-programme to download the Toolkit (Advance Preview) and view the instructional videos. The full Toolkit will be made available in November 2018.



ABOUT THE ORGANISER

Silver Arts 2018

Silver Arts advocates the meaningful possibilities seniors have in the arts.

Organised by the National Arts Council since 2012, Silver Arts is an annual festival dedicated to celebrating seniors and creative ageing. The festival presents collaborations between artists, arts organisations and community partners to foster the arts into the lifestyles of seniors. From performances to workshops, seniors can showcase their creative talents through co-created content or learn a new skill, enhancing their overall well-being. The festival offers opportunities for seniors to share their stories that shape our collective memories, and forge stronger inter-generational understanding.

Into its seventh edition, this year's festival will take place over four weeks from 6 to 30 September island-wide. With an extensive line-up of arts programmes and activities, there will be something for everyone. Bring your parents, grandparents, family to enjoy and experience this year's festival offerings!

For more information and festival schedule, please visit silverarts.nac.gov.sg.

National Arts Council

The National Arts Council champions the arts in Singapore. By nurturing creative excellence and supporting broad audience engagement, our diverse and distinctive arts inspire our people, connect communities and profile Singapore internationally. We preserve our rich, cultural traditions as we cultivate accomplished artists and vibrant companies for the future. Our support for the arts is comprehensive – from grants and partnerships to industry facilitation and arts housing. The Council welcomes greater private and corporate giving to and through the arts so that together we can make the arts an integral part of everyone's lives.

For more information on the Council's mission and plans, visit www.nac.gov.sg.