

Art In Senior Living:

Enhancing the Lives of Older Adults

Developed By The Assisted Living Federation Of America (ALFA) & American Art Therapy Association

Introduction

Art can be a powerful activity for older adults. For many seniors art is a lifelong passion, for others, art is a hobby that they never had the time to pursue. No matter the situation, having an art program in your community can contribute substantially to the overall quality of life of your residents.

Whether you have a run an art program for many years or are just starting out, this toolkit provides ideas and best practices to incorporate art as a valuable part of your activities program. Through a senior living community's art program, older adults can relax, explore, share, and enjoy art's creative and social aspects. The art making process can be rewarding, appealing and fun. It can also be used to attain enhanced communication and socialization; ease stress, pain, and loss; improve cognitive and motor skills; gain mental health resilience and coping skills; and, increase a sense of empowerment through illness, transition, and end-of-life concerns.

Art is an important part of life for many older adults. Whether you choose incorporate an art therapist into your health and wellness programs, provide supplies to the artists in your community, or incorporate museum visits and art exhibitions into your resident programs, this toolkit can help you maximize the benefits of art in your senior living community.

Art in Senior Living

Creating art can aid seniors in communicating with caregivers and family, promoting awareness and self-expression, relieving anxiety, and coping with transition, confusion, illness, or discomfort. It can be a fun experience that residents look forward to and take great pride in. Everyone can participate, not just those with prior artistic experience.

Activities directors can create an exciting art experience through a variety of artistic mediums and subjects. Ceramics, paints, drawing, sculpture, knitting, and jewelry making may all appeal to residents. Art allows residents to be creative and tap into talents they never knew they had. Special guest speakers, demonstrations by local artists, travel videos of art galleries around the world, and trips to local exhibits and art centers are all ways to enliven the experience.

Art can also be therapeutic. Older adults tend to have more chronic diseases and age-related functional impairments that affect vision, hearing, and balance. Commonly attendant to such disorders are chronic pain, anxiety, and depression. Making art can be an enjoyable experience that focuses the participant away from daily concerns and on the creative process. Some seniors, particularly those with cognitive, memory, and other impairments, may receive additional benefits.

Model Art Programs

Senior living communities take a variety of different approaches to art programs. Many include regular instruction from art teachers, others focus on cultural experiences like museum visits, and some incorporate art therapy into their programs.

The model programs outlined below each showcase their own resident focused approach to art in senior living. If your senior living community currently has an art program, these case studies may provide ideas for projects, activities, events, and local partnerships. If you are thinking of implementing an art program, this resource will help you get started.

The information in the appendices relating to model art programs was written by the activity or executive director at each given community. The authors of this information have kindly provided their contact information for those interested in getting more information about their exemplary art programs.

Cottingham Retirement Community, Cincinnati, OH

This monthly art program utilizes an art therapist who provides one-on-one art sessions, group art sessions, and museum outreach programs. For more information see Appendix A.

Gardenview Assisted Living, Menasha, WI

This weekly art program incorporates crafting, community decoration, a holiday bazaar, and an arts fundraiser. See Appendix B.

Heartlands Senior Living Village, Ellicott City, MD

This weekly art program utilizes a local art teacher and incorporates crafting, needlework, art activity boxes, cottage tours, field trips, and art shows. For more information see Appendix C.

Hearthstone at Murrayhill, Beaverton, OR

This art program consists of a monthly group activity as well as more frequent individual sessions. For more information see Appendix D.

Pacific Inn, Torrance, CA

This weekly arts program incorporates a variety of art activities, art exhibits, and fundraisers. For more information see Appendix E.

Pacifica Senior Living at Tucson, Tucson, AZ

This art program meets four times weekly and incorporates crafting and field trips. For more information see Appendix F.

Pathway Senior Living, LLC, Des Plaines, IL

This branded art program features a 30-day, community-wide arts immersion program. For more information see Appendix G.

Salem Lutheran Home, Oakland, CA

This daily art program utilizes a credentialed art therapist and incorporates field trips, interactive activities, documentary discussions, gallery visits, and an art exhibit/sale. For more information see Appendix H.

The Chateau on Capitol Avenue, Sacramento, CA

This weekly art program incorporates an art workshop, discussions, art concepts, and an art exhibit. For more information see Appendix I.

To improve your art program, you may consider surveying residents to gauge their level of satisfaction with the current art program and identify additional projects in which they are interested. For more information see Appendix J.

Tips for Running an Engaging Art Program

Be Respectful – Treat all participants with comfortable respect and remember that residents have amassed a wealth of life experiences and knowledge. Keep the project on an adult level. Avoid activities that seem child-like.

Be Safe – Consider the safety of all materials provided to residents for use in creating artwork. Avoid toxic substances and sharp tools.

Be Clear – An art project that offers insufficient direction can lead to a resident's frustration or agitation. Some residents respond well to a task involving several steps. Others prefer a very simple format. You may need to help residents begin the activity. For example, if the person is painting, you may need to start the brush movement. Most other projects should only require basic instruction and assistance.

Be Mindful – Allow plenty of time, keeping in mind that the person doesn't have to finish the project in one sitting.

Be Ready – The materials needed to make art are easy to find and not that expensive. The following is a list of items you may use during a session:

- Crayons
- Charcoal pencils
- Oil Pastels
- Adhesives, glues
- Tape, masking tape, painter's tape
- Application tools (paintbrushes, sponges, cotton swabs, stamps, etc.)
- Pens, markers
- Gel pencils
- Acrylic paints
- Watercolor, tempera
- Water containers
- Sand
- Clay or putty
- Paper 8" x 10", 11" x 14"

- Mural paper
- Paper (Tissue paper, cloth, origami paper, construction paper, etc.)
- Magazines, newspaper
- Miscellaneous items (seeds, beads, leaves, string, buttons, pipe cleaners, etc.)
- Cleaning supplies (for hands, tables, etc.)

Be Creative - Assemble a still life of fruit, vases, tableware, flowers and other objects to give the senior artists a subject to draw. Consider themes for each session that help vary the activity. Include the time of year as a theme to encourage memories of past happy holidays or other events.

Participate in the Annual ALFA Senior Living Art Showcase- Visit alfa.org/art to learn more about this year's showcase. This competition for senior living residents, gives older adults an opportunity to showcase their artwork on a national level. Residents can take pride in having their artwork exhibited digitally and winners receive a painting party for their community.

Make the Program Interesting - Consider all arts expression methods including weaving, photography, collage, sculpture, and other visual arts to expand your program's interest to all residents. Seek outside experts and artists to be periodic "guest artists." Lectures by locally renowned artists help make sessions exciting. An art therapist expert can also bring a special meaning to art sessions, especially when mental health is one of the key goals.

Be Messy - Know (and be comfortable with) the fact that making art can get messy. Have participants wear clothes that they can get paint and glue on. Be sure to have them create art in spaces that are easy to clean up in case of spills and splashes of paint.

Be Supportive - Creating art provides a resident with the opportunity to make decisions and have control. Let residents decide what they want to use in making art. If it's important to them, and feasible, allow them to choose what to make, what art materials to use, and whether to keep their art or throw it away. Be mindful that, for some, control is empowering and for others, it is immobilizing.

Be a Good Listener - A piece of art is a piece of communication, so when older adults share their art, you should respond in ways that show you are listening. A good place to start is by saying something as simple as "tell me about your picture" or simply saying nothing at all. Pause a little longer than is comfortable while just looking and see what the resident tells you. Practice asking open-ended questions: What do you like best in this picture? What was the hardest part to do? What did you do first, second? What else could you add? Again, even an open-ended question like "What are you going to make?" can be disruptive to a person engaged in the process of making art.

It puts the focus on what the result will be rather than on the process. Sometimes it's best to just say nothing and wait to see what they will tell you. Listen to the stories they tell about their art. It can be a challenge to find the right words, to foster and encourage that creativity, and to discover a new language to talk about art with adults.

Be Encouraging - It's important to encourage a person's creativity. Remember to appreciate their work for the creative process and the effort involved. It's the process that is important, not whether the end product is a masterpiece. Build conversation into the project. Provide encouragement and discuss what the person is creating or reminiscing.

Honor Their Efforts - Having a special bulletin board or exhibit area where you can post all of the work produced gives the participants a sense of pride in their efforts. An annual art exhibit is a great way to engage the residents' family in viewing the activities of the community.

Special thanks to art therapists Tracy Councill, MA, ATR-BC and Raquel Chapin Stephenson, Ph.D., LCAT, ATR-BC, and to Kathryn Horn Conway, MA for helping to develop this fact sheet.

About Art Therapy

Art therapists are healthcare professionals who use art as a means of communication and support, and are specially trained with a Masters' Degree in Art Therapy. According to a recent survey conducted by the American Art Therapy Association, 78% of art therapists report working with older adults on a regular basis.

Art therapy can often allow older adults to work through their psychological issues more readily than talk therapy. Art therapists who practice with older adults ensure that these individuals maximize their psychological health and, by extension, their physical health. They are trained to identify when additional interventions may be needed to ensure a positive mental attitude.

In addition to the psychological and medical benefits of art therapy, people can also improve their interpersonal and social skills, communication, and cooperation—especially within group sessions. Adults can improve self-esteem by learning and mastering creative skills during art therapy sessions. Of course, the person's improved psychological status and abilities translate into all aspects of daily life.

Art therapy can be designed into a resident's treatment plan to improve psychological health (including self-expression, emotional control, appropriate behavior, and social integration); cognitive abilities; and sensory-motor functions.

To connect with local art therapists or to find other qualified professionals for your resident engagement programs visit:

- [ALFA's Senior Living Career Center](#)
- [Art Therapy Job Board](#)
- [Art Therapy Locator](#)
- [Find-a-Therapist](#)

About The ALFA Senior Living Art Showcase

The ALFA Senior Living Art Showcase, open to all residents of senior living communities, celebrates seniors' overwhelming zeal for life and community. The annual art competition is designed to honor the creative talents and abilities of senior living residents by providing a unique platform for sharing and recognizing original works of art.

Whether it is a newfound hobby or a lifelong passion, art remains a meaningful activity for many seniors. Art programs offer ample opportunities for reflection, self-expression, and achievement contributing to positive social experiences. ALFA recognizes the many benefits of art for seniors and strives to support resident engagement efforts while helping to inspire creativity in senior living communities everywhere.

The art showcase marked its inaugural year in 2012 with hundreds of impressive entries demonstrating seniors' infinite talents and enthusiasm for art. All residents of assisted living, independent living, and memory care communities are invited to participate in this year's contest by submitting a digital photo of original artwork. The participants are also encouraged to complete a submission form describing the artwork and its meaning. The competition accommodates the varied skills of senior residents by welcoming all forms of visual art including paintings, sculptures, quilting, photography, and mixed media.

Learn more about the ALFA Senior Living Art Showcase and read the complete contest rules at alfa.org/art. **Submissions for 2013's showcase will be accepted at alfa.org/submitart through February 25, 2013.**

Appendices

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Appendix A

Cottingham Retirement Community Cincinnati, OH

Art Made Possible is a monthly art program for residents of Cottingham Retirement Community. The art therapist provides:

- One-on-one art works with residents in our memory impaired unit, Elizabeth Court
- One-on-one art works with residents in our nursing home, Ivy Court

At the end of each of these visits 8 residents have started and completed a 12" x 12" acrylic painting.

While most art sessions have been conducted as one-on-one, Cottingham recently tried a group project to celebrate National Assisted Living Week. In this group art project, four residents worked on the same art project. The residents really enjoyed this and we are considering offering this once a month in the future!

Additionally, once or twice each year, Cottingham Retirement residents enjoy wonderful outreach programs offered by The Cincinnati Art Museum and the Taft Museum of Art.

The overall goal of our art program is to offer one-on-one programming for residents who normally do not participate in our group events. The residents who do participate enjoy the individual attention, oftentimes try something that they have never really done before, and enjoy sharing their finished projects with family and friends.

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Appendix B

Gardenview Assisted Living Menasha, WI

Gardenview is a small Community-Based Residential Facility that can accommodate 15 residents, most of whom are quite compromised either physically or mentally.

The Activities Director plans the activities and provides the materials. The staff usually aid in facilitating the activity. The goals of the program are to provide an enjoyable, satisfying social activity for residents.

Dementia residents enjoy drawing and coloring as part of their regular activity program. We photocopy pages for them to color on an individual basis, as needed.

For other residents, the typical art project may involve coloring with crayons or Cray-Pas (oil pastels). Watercolors have been used with good response; however, our current residents are more compromised and are unable to follow the more complicated instructions.

We hold an annual Christmas bazaar where residents and staff sell items they have made. The money collected is used to "adopt" families for the holiday through the Salvation Army. We take the residents shopping to pick out the items on the families' wish lists, etc. This allows the residents to feel like part of a larger community and makes them happy to help those in need.

Additionally, throughout the year, participants make seasonal "craft-like" art projects (i.e., tissue paper flowers, seasonal decorations) for use in decorating their room or the facility.

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Appendix C

Hearthstone at Murrayhill, LLC Beaverton, OR

Hearthstone at Murrayhill's mission has always been "to serve with love, respect, and integrity." This includes residents, family members, guests, staff, and anyone with whom we do business. We take our mission statement seriously, and use it to guide our actions every single day.

Our life enrichment staff plan each day of the week around a variety of stimulating and meaningful activities designed to engage the body, mind and spirit of each resident.

The group art program meets at least once each month in the independent and assisted communities. Individual, one-on-one sessions are also offered to residents in the memory care program on a more frequent basis.

On occasion, in the memory care community, we partner with an art therapy student intern from Marylhurst College. We find this to be very beneficial.

All participants enjoy working with a variety of arts media including crayons, colored pencils, acrylics, pastels, and crafts materials. Their favorite seems to be working with watercolors.

The goals of Murrayhill's art program are to offer participants an enjoyable social activity, facilitate resident interaction and communication, enhance self-confidence, awaken imagination, and promote relaxation.

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Appendix D

Heartlands Senior Living Village Ellicott City, MD

At Heartlands, residents are offered and enjoy a multitude of art programs. The overarching goals of creativity, sense of pride and accomplishment, socialization, fine motor skill utilization, and feelings of satisfaction. Our main goal with any art project or activity is that "it's not about the outcome, it's about the process." We encourage residents not to worry whether or not their project comes out perfect but rather to enjoy it, be creative, and have fun!

Both group and individual sessions are offered; it is a mixture of both. Most activities are taught in a group setting but the residents are also encouraged after the activity to take materials to their rooms with them to work on independent projects in their "free time."

A weekly art program, led by a local art teacher, includes ceramics, watercolor, pastels, drawing, etc.--whatever interests the residents. They may work on a group project or individually on a project of their choosing. Watercolor, painting, and crafting seem to be the most popular.

We also offer special crafting and art groups that occur a few times each month (usually once or twice a week) such as jewelry making, bag designing, sand art, decoration making, origami, soap making, stamping, card making, etc. Some of them are themed for holidays and they are all adapted to fit any skill levels. We also have needlework and crocheting, knitting, and hand sewing groups.

"Art activity boxes" are great for some of our Alzheimer's/dementia residents to work on independently during times when they seek to be engaged but not in a group setting. These consist of adult coloring projects, silk flower arranging, craft projects, scratch art, etc.

Our art teacher chaperones trips to different local art museums. It is great when we can use him as a chaperone because he can provide extra insight on the different displays in the museum!

Residents' work is also featured in our yearly art show that showcases the items made in our art class here, as well as other items that the residents have made throughout their past. During the art show, we have the residents sit next to their projects so they can provide information about their projects.

We have also had "cottage tours" where the residents have gone through other residents'

apartment to see and learn about the artwork that they have made and displayed.

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Appendix E

Pacific Inn Torrance, CA

Art program sessions are conducted weekly on Mondays. Approximately 10 residents participate in each session and they are excited to return week after week. They have a great time and welcome newcomers to the group as family.

The overarching goal of Pacific Inn's art program is to have residents participate in a purposeful social and therapeutic activity. The art program is the most beneficial program at Pacific Inn. All of the residents entered the 2012 ALFA Senior Living Art Showcase and one of the residents was a finalist.

An annual art exhibit is held onsite to showcase residents' artworks. The 2012 exhibit and sale will benefit the Carcinoid Cancer Association because the art teacher's daughter is suffering from this cancer, and the event is dedicated in her honor. Some residents are working on stretched canvas frames and others will have their work matted. There will be a reception and tea in the reception area. In 2011, all of the artwork was matted on foam board and hung in the activity room.

Remarkable people are in the art group. One woman, who has been painting her entire life, now has limited use of her hands. She has created masterpieces since starting the program and has more mobility than when she began.

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Appendix F

Pacifica Senior Living at Tucson Tucson, AZ

Residents of Pacifica Senior Living at Tucson participate in a variety of art activities at least three or four times each week. Sessions are offered in both a group setting or individually, depending on each resident's preference.

The overarching goals of the art program are socialization and relaxation. Residents may work on many different projects including collage, watercolor, stamping, crafting, etc. although they seem to have a slight preference for painting.

Activities are tailored to be compatible with residents' needs including memory care and immobility. On Pacifica's "Ambassador" trips (usually to the University of Arizona Tucson campus) we usually visit at least two different museums, whether they are a museum of art or history. Residents really enjoy these trips and the discussions that follow their visit.

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Appendix G

Pathway Senior Living, LLC ArtPATH

ArtPATH is Pathway Senior Branded Signature Art Program.

ArtPATH is an art program designed to serve IL, AL and early stage ADRD residents, at all functional levels.

ArtPATH is a revolving program. Initially featuring 16 styles of art, it has been expanded to include a number of additional styles of craft and creative potentials. The initial 16 styles are featured in order: new styles are interspersed based upon community choice.

Goal: Our goal with the introduction of this program was to return creativity to residents' lives. This program is not a one-hour per week session, but an experience that fills the entire community for a month and encourages exploration and learning as well as creativity.

Our initial 16 styles:

- Abstract (see attached sample Module)
- Cubism
- Collage
- Action Painting
- Expressionism
- Color Field Painting
- Watercolor/Negative Watercolor
- Impressionism
- Pointillism
- Stippling
- Pop Art
- Post Impressionism
- Primitivism
- Realism
- Surrealism

The mediums used are:

- Acrylics with canvas board
- Watercolors on 300lb paper
- Pen, Ink, Pencil and Pastel on appropriate papers
- All board sizes are 11"x14" or larger
- Larger sized brushes and boards/canvases are available for those residents with macular degeneration or other visual impairments

Styles are arranged and experienced in a progression from least representational to most representational to provide a gentle entry into art for those new to artistic expression.

It has been our experience that the greatest challenge to participation in artistic programs is the belief by our residents that they "are not talented" or "can't paint." By beginning with those styles that focus on the use of color and shape, without the need to create images which are representational of any particular subject matter, the "Artist" is relieved from any sense of "not doing it right." The simple joy of creating, just playing with the paint, and enjoying the experience with others who are also "just creating," is returned to each participant and the experience becomes a positive and joyful one again, much as art class was for all of us as young children.

Additional Styles that we have added (at our residents' request):

- Scrapbooking
- Clay Work
- Tie Dye (see attached sample Module)
- Beading
- Mosaics

Upcoming in 2013:

- Cartooning
- Poetry
- Animation Cell Creation

How ArtPATH works:

ArtPATH is conducted on a 4-week cycle, one session per week, as follows:

1. Learning - The featured style is studied through materials acquired the library. Books, Videos, borrowed paintings in some instances.
2. Seeing - The featured style is viewed. Through either presentations by local artists, staff or residents; or through outings to local art museums/galleries, the residents are given the opportunity to see art created in the featured Style.
3. Week 3 and 4, Creation - The featured style is experienced. ArtPATH sessions are 1-2 hours in length, and sometimes more, depending upon the style, the community and the interest level.

Creation Sessions:

Possibly the most important feature of the ArtPATH program is the way the Creation/Painting Sessions are conducted. Following is an overview of a standard session.

Music – Music is played in the background. Resident choice decided content. If no preference is given, then the musical style is matched to the artistic style being experienced. Resident preference dictates volume, which is usually low for intro period and louder for focused painting time.

Materials – Residents assist in setup and cleanup for all sessions including the creation of the watercolor palettes, breaking of the watercolor paper and brush cleaning and conditioning.

Review – The featured style is reviewed for a few moments. Samples are made available for viewing. For the most representational styles, a still life or multiple still life objects are set up. For non-representational styles, Feeling Words are passed out. Feeling Words are used as the subject matter for non-representational artwork.

Feeling Words:

These are words, which evoke an immediate, clear, understandable mental image. Feeling Words are printed clearly on small business card size paper. They can be saved and reused. They are shuffled and passed to (chosen by) residents face down. Residents keep their words a secret from others throughout the painting process. Examples of Feeling Words:

Spring	Sunshine	Rage
Summer	Sadness	Love
Autumn	Rain	etc.
Winter	Heaven	
Joy	Hell	

Everyone then looks at their word and paints its image. Conversation, music, the sounds of artists painting, and often laughter fills the room.

When everyone feels they are done (There will be a wide differential in this time -do not worry- allow those who finish early to just sit and watch and converse. Some of the most amazing additions have occurred to paintings of those who said they were done in moments and then got additional ideas which watching others continue to paint. The most important thing the facilitator can do is relax and paint along with the residents.) Stop the music and choose someone to go first.

Acknowledgement of ALL as Artists:

We created Feeling Words to help get past the hurdle of folks believing they could not paint. Remind everyone of the fact that an artist is a person that creates an image, poem or song that others can understand, identify with, or know. Have the person you chose to go first hold up their painting and ask the rest of the group to guess what the word is that was painted.

****In all the sessions we have done, even with residents moving through the early stages of dementia, we have never had a painting that could not be guessed.****

The Feeling Words are universal to humanity and we understand what they look like. The feeling of having others "know" what they painted is evident in the smiles on the faces of each artist as their painting is guessed by the others.

Conversation and cleanup finish out the session.

Ways the program has expanded itself and additional notes:

The favorite style of art, much to our surprise, has been action painting. Our residents LOVE to throw paint!!! Large (4ftx4ft) All Community Paintings have been completed at a number of our communities. Not only residents, but staff, family members and in one community, even the community dog participated in the painting. Three of these action paintings were created by our 2012 day campers and hang in our Corporate office Lobby (photos of all these paintings and their locations are available upon request).

Outcomes:

- Residents (and some community rooms) covered in paint!
- A lot of laughter.
- A 94-year-old woman who tie-dyed her first t-shirt. She was taught to do this by a 70-year-old resident from a different community while on her first camping trip in 50 years.
- Beautiful community displays of art.
- Seeing a resident with early ADRD and severe tremors, who initially did not want to attend, smiling from ear to ear and showing off his painting to his family when they arrived for lunch. His family were teary eyed they were so happy to see him this happy again, and had him pose for a photo in front of his creation.
- Watching a resident, who was an extraordinary realistic oil painter in the past but who stopped due to macular degeneration, find a way to feel inspired again through the new exploration of abstract watercolor techniques. This new medium and style allowed him to utilize his still fabulous sense of color, while allowing for his inability to successfully paint realistically any longer due to his physical limitations.
- Many staff members have also participated in our ArtPATH sessions and seeing them learn and grow and laugh along with the residents has been truly inspiring.



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Appendix H

Salem Lutheran Home Oakland, CA

Art sessions are conducted six days each week (one day provided by art teacher, five days provided by art therapist). Sessions are primarily group activities or group settings; however, the art therapist provides individual art therapy as needed.

The goals of Salem Lutheran's art program are socialization, relaxation, maintenance of expressive capabilities, support for residents at lower levels of functioning (through sensory art therapy), emotional expression, and community building. Through the arts program, residents are able to:

- Better relate to each other (i.e., residents with cognitive impairment can relate to other residents through shared imagery);
- Support each other in trying new materials and techniques;
- Communicate through visual means; and,
- Impact their environment through tactile/sensory art experiences (i.e., those who have lost their ability to communicate verbally).

Many residents are engaged in creating art journals and altered books. Many residents are interested in creating mixed-media artwork incorporating painting/collage/assemblage.

Salem Lutheran hosts many enjoyable arts activities for residents including:

- Monthly trips to local galleries and museums;
- Monthly trip to an art supply store so residents can get materials for their own projects and choose materials for classes;
- Watch art documentaries and discuss them afterwards;
- Onsite gallery of resident artwork;
- Resident-designed murals (one mural completed in memory care program and two more in planning stages);
- Occasional art sales (in 2011, assisted living residents and local artists participated); and,
- Participation in the 2012 ALFA Senior Living Art Showcase (one resident was a finalist).

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Appendix I

The Chateau on Capitol Avenue Sacramento, CA

The goal of our weekly workshop is to explore and achieve new impressions of art in a safe, creative and encouraging environment. Our workshop is set-up as a group activity that is also encouraging and able to meet individualized needs with our Instructor Linda Miller and an activity assistant from the Chateau being hands on with the residents to assist and help create projects. We base the program on the concept of creative expression, exploration and socialization through art. Residents are encouraged and enabled to grow in their own personal artistic endeavors. Our instructor takes time exploring the different art concepts with our residents, such as Color Theory, Texture, Design, Pattern and Composition to name a few of the various projects. We are always excited and our residents our thrilled to find untapped skills and interests in art.

We always ensure that residents with all levels of ability are able to participate; one way we have done this is to assist with hand-over-hand work when necessary. Additionally, larger scale projects are available for vision-impaired residents. Our instructor also ensures that during our weekly two-hour workshop discussions are started and encouraged about art appreciation, education, and reminiscence. An example of this is a discussion with visual cues on facial expression and interpretation in art.

I have been thrilled with the results of our program. Seeing our residents working together and enjoying themselves in a NON FAILING environment has been extremely rewarding! Watching them reminisce, socialize and express themselves through this workshop has been a pleasure that we would love to encourage and share with others!

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Appendix J

Art Program Satisfaction Survey

1. How convenient is the art program in your community?

- Very convenient
- Moderately convenient
- Not convenient

2. How enjoyable is the art program compared to other activities offered in your community?

- More enjoyable
- Less enjoyable
- About the same

3. How likely are you to recommend the art program to other residents?

- Very likely
- Moderately likely
- Not likely

4. How does participation in the art program make you feel?

- Creative and satisfied with your achievements
- Relaxed
- Happy
- Frustrated

5. Are the projects offered in the art program gratifying?

- Very gratifying
- Moderately gratifying
- Not gratifying

6. Are there activities or projects you would like to see included in the art program? If so, please describe.

7. Overall, are you satisfied with the art program in your community?

- Very satisfied
 Moderately satisfied
 Not satisfied

8. Would you like to participate in the art program more often?

- Yes No

9. Are there any other thoughts you would like to share?
