

The Society for the Arts in Dementia Care (Australia) Inc.

CECD

*Creative Expression, Communication and Dementia*

PROUDLY PRESENTS

***Celebrating Potential***  
**CECD Symposium 2014**

**Friday 13 June 2014**

Technology Park Function Centre  
Bentley, Western Australia



# WELCOME FROM THE CHAIR



**Hilary Lee, MSc OTR**

Chair & Founder of the Society for the Arts in Dementia Care (Australia) Inc.

I'd like to extend a warm welcome to participants of The Society for the Arts in Dementia Care's 2014 Symposium 'Celebrating Potential'. Our speakers' focus this year is on building the strengths and potential in people with dementia, as well as finding new opportunities for meaningful expression through the arts, in diverse situations and settings.

I am very excited that our Keynote Speaker this year is Marie Williams, author of the book *Green Vanilla Tea*, which won the Finch Memoir Prize for 2013. Marie will share the heartfelt story about the power of the human spirit with her family's experience. Marie, who is a social worker and an artist, found creative ways of connecting, even during the most testing times, when her husband at the young age of 40, had a rare and rapidly progressing form of dementia. A profound and insightful story.

The Society for the Arts in Dementia Care is a non-profit organisation dedicated to sharing knowledge and education to improve the quality of lives of older adults with dementia through the creative arts. Founded in 2005 by Dr Dalia Gottlieb-Tanaka, the head office is located in Vancouver, Canada. In 2006, I founded an affiliate to this Society here in Perth, Australia. The Society hosts workshops and conferences on *Creative Expression, Communication and Dementia* (CECD). This year's symposium will be the 8th such annual event in Australia since 2006.

I am sure this year's special event will inspire and revitalise you with heart-warming stories, as well as practical ideas for creative expression that you can take back and bring to enrich the lives of people with dementia.

## ABOUT THE SOCIETY

The Society for the Arts in Dementia Care is built on the premise that older adults and people living with dementia have the right to dignity, to be heard and to be valued. The Society provides an interdisciplinary forum for creative expression with older adults by bringing together academic research and practical knowledge. The Society aims to disseminate knowledge and establish links with organisations with similar values worldwide, thereby improving the quality of life of older adults, especially those living with dementia.

## AUSTRALIAN BOARD MEMBERS

- Hilary Lee, MSc, OTR, Founder, Chairperson
- Jo Marshall, Treasurer, Symposium Coordinator
- Trisha Kotai-Ewers, PhD, Secretary
- Maree Pedaste, BAppSc (OT)
- Norma Hachett
- Jeni Winslow, OTR
- Kate Campbell-Pope, OTR, multi-media professional artist
- Dorothee Gevers, OTR

# SYMPOSIUM PROGRAM



FRIDAY 13 JUNE 2014

START	FINISH	SESSION
8.45am	9.15am	REGISTRATION
9.15am	9.20am	<b>Introduction / Housekeeping</b> Beatrice Löfström Sandberg, Central Institute of Technology
9.20am	9.25am	<b>Acknowledgement to Country</b> Tracey Edwards, Central Institute of Technology
9.25am	9.35am	<b>Welcome</b> Hilary Lee MSc OTR, Chair & Founder of the Society for the Arts in Dementia Care (Australia) Inc
9.35am	10.35am	<b>Keynote Presentation</b> <i>Having a Yarn – Celebrating Potential</i> Marie Williams MSW, Author of Green Vanilla Tea
10.35am	11.00am	MORNING TEA
11.00am	12.00pm	<b>Session 2</b> <i>Memories are Made of This</i> Teresa Hughes BA, Dip. Ed, Singer & Choir Director
12.00pm	1.00pm	<b>Session 3</b> <i>'When we fall down the ladder': Creative living - creative dying</i> Dr Trisha Kotai-Ewers, Writer and Historian
1.00pm	1.50pm	LUNCH & NETWORKING
1.50pm	2.20pm	<b>Session 4</b> <i>Drawing in the Moment</i> Linda van der Merwe, Visual Artist, Painter and Educator
2.20pm	3.20pm	<b>Session 5</b> <i>Creating Liveable Spaces in Care</i> Lisa Laschon MA, Art Therapist
3.20pm	3.30pm	<b>Closing Comments</b> Hilary Lee MSc OTR, Chair & Founder of the Society for the Arts in Dementia Care (Australia) Inc
		SYMPOSIUM CLOSE

## KEYNOTE SPEAKER



**Marie Williams MSW**  
Author of *Green Vanilla Tea*

Marie Williams has a Masters of Social Work and has practiced as a clinical social worker in health settings across the world for much of her career. She is also an artist and the author of the book *Green Vanilla Tea* which won the 2013 Finch Memoir Prize.

Marie initially wrote this story for her teenage sons after the death of her husband, who was diagnosed with fronto temporal lobar degeneration with Motor Neurone Disease in his early 40's. She writes of love, loss and finding hope in inexplicable times.

*Green Vanilla Tea* has been described as a “stunning” and “important memoir”. Foreign editions are being published in Korea and North America this year.

Combining her clinical experience with creative endeavours, Marie is currently writing and illustrating a children's book with an ongoing commitment to her belief in the power of creativity and story to transform.

## KEYNOTE PREVIEW

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### Keynote Presentation

9.35am	10.35am	<i>Having a Yarn – Celebrating Potential</i>
Marie Williams MSW, Author of <i>Green Vanilla Tea</i>		

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In Marie's book, she writes about their family journey with an illness – they call the Green Goblin – that slowly robbed her 40-year-old husband of both body and mind. Above all, it is a story about love written as an offering of hope for their two teenage sons.

Marie will look at how creativity sustained them as a family. She will also illustrate why stories matter and how the ways in which our stories are told and retold can shape identity and social discourse.

An engaging storyteller – Marie will share with you “a tale of a strange place—the real world—in which green goblins and hope find a way to live together.”

## SESSION SPEAKER BIOGRAPHIES



**Teresa Hughes BA, Dip. Ed**

Singer & Choir Director

Teresa is an Albany based singer and Choir Director. She completed a postgraduate Diploma in Education in 2007. In 1996, Teresa began a community-based choir Safety in Numbers.

For the past three years, she has led a singing group at Hawthorn House, an Alzheimer respite centre in Albany. This group sings, dances and performs on a regular basis and is assisted by staff and volunteers. Teresa has a strong commitment to making the experience of singing with others an accessible and vital part of community life. She continues to encourage people to experience the joy of singing with others.



**Dr Trisha Kotai-Ewers**

Writer and Historian

Dr Trisha Kotai-Ewers first encountered dementia when her grandfather lived with the family for seven years until his death. When her mother went into residential care, Trisha was fascinated by the words of the other residents.

Encouraged by psychoanalytic psychotherapist, Judy Griffiths, she worked for eight years as a Writer-in-Residence with people with dementia in both residential and day care settings. The work was supported by a seeding grant from Alzheimer's Australia. Trisha has given papers on her work at national and international conferences. In 2007, Alzheimer's WA published her book *Listen to the Talk of Us: People with dementia speak out*.

Trisha has always loved words. She taught languages in WA schools for over 20 years, was president of the Fellowship of Australian Writers (WA) for 17 of the past 25 years and has a PhD in social and cultural history. For the Fellowship of Australian Writers (WA), she managed the relocation and restoration of Mattie Furphy House, and oversaw its establishment as the Mattie Furphy Centre for Creative Imagining.

Trisha sees this as the culmination of a creative life in which she danced with the WA Ballet Company, and Keszkenö Hungarian Dance Group, studied fabric design at Perth Technical School and sang with the Perth Oratorio Choir.



## SESSION SPEAKER BIOGRAPHIES



**Linda van der Merwe**  
Visual Artist, Painter and Educator

Linda van der Merwe has been a Visual Artist, Painter and Educator for nearly 40 years, teaching in tertiary institutions, with workshops in schools and residences in community centres. Exhibiting locally and interstate, her work is represented in many public and private collections. Recent involvement is in aged care art.

For the past 14 years, she has had a sustained portrait practice gaining private and public portrait commissions. With a keen interest in people and their stories, Linda developed an aspect of her portrait practice she calls 'Sight on Site Series,' honouring the ordinary by painting portraits of people distinctly linked to location. These portraits are then exhibited with a brief personal history of each sitter.

Her recent involvement in aged care grew out of her personal experience of seeing her parents into care. Observing a need for creative activity at the facility where they reside, she volunteered to help set up an art room and undertook a series of drawing activities. Art is now an ongoing component there with hope that it will expand and become a rich source of creativity for the residence.



**Lisa Laschon MA**  
Art Therapist

Lisa's career has been an interesting adventure with the common theme of creativity as a source of healing and wellbeing. As an Art Therapist, Lisa has worked for 15 years in a variety of settings with children and adults, before running two not-for-profit organisations in the youth and disability sectors.

Lisa is currently working with an organisation that provides mental health services to young people online and is introducing creative therapies to the service which helps thousands of young people every week.

# SESSION PREVIEW



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## Session 2

11.00am 12.00pm *Memories are Made of This*  
Teresa Hughes BA, Dip. Ed, Singer & Choir Director

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For the past four years, Teresa has been facilitating a fortnightly singing group at an Alzheimer's respite centre in Albany known as Hawthorn House. As well as the weekly sessions the choir has performed at in-house events, sung at other aged care facilities and in 2012 made a DVD of songs featuring the choir and selected soloists.

The choir sings a repertoire of songs from as far back as the 1920s and up to but probably not beyond the era of the Beatles. The singing is great, with the sessions full of fun and humour and a real bond is created through the experience of people singing together. Teresa will be sharing her experience as Choral Director of the Hawthorn House Choir.

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## Session 3

12.00pm 1.00pm *'When we fall down the ladder': Creative living - creative dying*  
Dr Trisha Kotai-Ewers, Writer and Historian

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Dr Trisha Kotai-Ewers worked as a writer-in-residence with people with dementia for over eight years. During that time, she found most of them aware of the imminence of death and ready to talk about it. Some, like Irene, used metaphor to describe death. For her, life was a ladder and to die was to fall off that ladder. For all of us, death is an inevitable part of life. And yet our society denies death, and most of us prefer not to think of our own mortality. How can we learn to come to terms with dying, and so live more fully?

In this paper, Trisha will explore various ways of thinking creatively about death and dying. The discussion will weave together different philosophical and historical approaches to death, the thoughts of people with dementia and Trisha's own experiences.

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## Session 4

1.50pm 2.20pm *Drawing in the Moment*  
Linda van der Merwe, Visual Artist, Painter and Educator

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Drawing in the moment, explores the richness and diversity of approaches of people with dementia when introduced to a series of playful drawing methods that incite imagination. Emphasis is on 'play and enjoyment', so the sessions take on a collaborative non-threatening sharing where participants are encouraged to join in or feel free to sit and watch while in the company and camaraderie of others.

Individual stories will be discussed and visual examples shown, a practical example will be facilitated.

## SESSION PREVIEW

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### Session 5

2.20pm    3.20pm    *Creating Liveable Spaces in Care*  
Lisa Laschon MA, Art Therapist

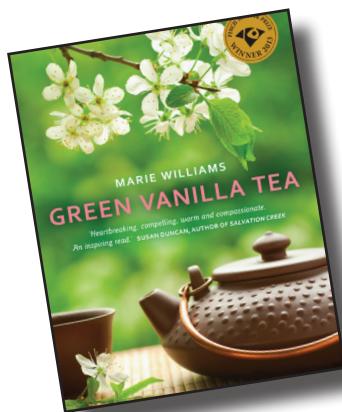
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The space in which we live is not only a reflection of our personality but can be a healing space, a relaxing space, an energetic space. Our homes can be described as warm and inviting, fun and chaotic or open and relaxed - this is not always the case for care and nursing homes where residents may not get to choose how their spaces are decorated to reflect their personalities, interests and passions.

Lisa will reflect on a project where the residents created some magical spaces and the results of the project on their wellbeing.

Lisa dedicates her presentation to her grandmother, Doris Wagner, who experienced Dementia.

## BOOKS FOR SALE



*Signed copies of Marie's book "Green Vanilla Tea" will be available for purchase at the symposium for \$25 each (cash only).*

*Signed copies of Dr Kotai-Ewers book "Listen to the Talk of Us: People with dementia speak out" will be available for purchase at the symposium for \$20 each (cash only).*

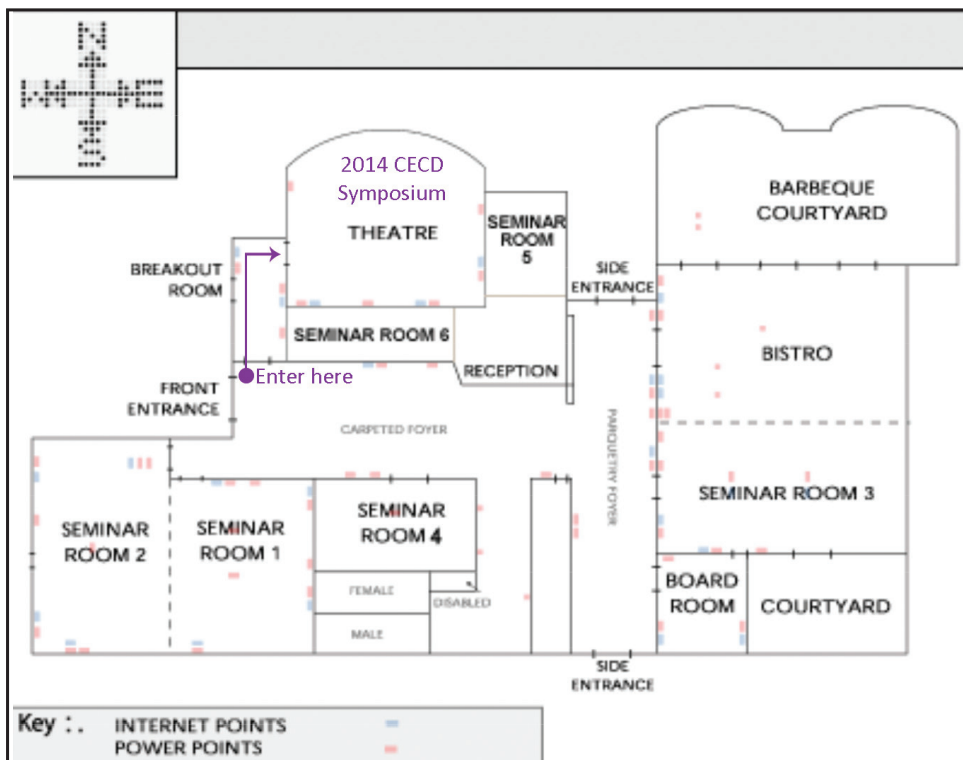




# ABOUT THE VENUE



Technology Park Function Centre is nestled in the lush parkland setting of Technology Park Bentley, located just 6 kilometres from Perth CBD and opposite Curtin University.



The symposium will be held in the Theatre Room (as indicated on the map).

There is a large free car park, with specific parking bays for people with disabilities.

## Technology Park Function Centre

2 Brodie Hall Drive  
Bentley, WA 6102  
Tel: +61 8 9451 0888

## SYMPOSIUM ORGANISERS

The 2014 CECD Symposium is managed by the 2014 (Semester 1) Diploma of Business and Diploma of Management Students of Central Institute of Technology.

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