

# Supporting Aging Through Creative Approaches

A collaboration between The Society for the Arts in Dementia Care (CECD)  
and the Leisure Practitioner's Association of BC (LPABC)

**Date:** March 27, 2015

**Location:** Schubert Centre, Vernon, BC  
3505 - 30th Avenue, Vernon, BC, V1T 2E6

**Time:** 8:45 am – 4:00 pm

**Cost:** \$60.00

**Register on line at [cecd-society.org](http://cecd-society.org)**

**Lunch included. Coffee and snacks available in cafeteria**

**Please Register by March 20, 2015**

**Presenters:** Dalia Gottlieb-Tanaka, Shelley Klammer, Jeanne Sommerfield

**Goal:** To increase awareness and skills in the areas of Creative Expression Programmes including music, art, writing, and drama, and Fitness/Movement Programmes through hands-on participation based workshops.

**These workshops would be of value to:**

Recreation Practitioners, Therapists, Volunteers, family members and interested members of the public.

**Format:** Participants will choose one of two concurrent sessions in the morning; there will be one session in the afternoon followed by a Question and Discussion time.

**Topics:**

8:45am-11:45am (3 Hours) Choose one Session:

- a) **Dalia** and her group **At This Age** will demonstrate a session of creative expression activity that can be adjusted to various cognitive levels.
- b) **Jeanne:** Creative Writing, Story Telling and Drama Games

12:30pm-3:30pm (3 hours) Choose one Session:

- a) **Jeanne:** Fitness, Movement and X-er Games
- b) **Shelley:** Looking Into the Creative Process of Artists with Dementia

3:30pm-4:00pm **Questions and Discussion**

**Learning Outcomes:**

- Participate in a creative, thoughtful, fun programme with elders who use themes, discussions, philosophy, humour, art activities, music and theatre to express their thoughts and experiences of lives well lived. Develop skills to lead your own group
- Participate as a group in creative writing sessions that cover various methods of inspiring story and poetry writing, character development using props, and drama games. Develop skills to lead your own group.
- The Creative Abilities Assessment Tool (CEAA). An overview.

- Explore techniques which improve fitness and movement for elders that support overall function, are fun and engaging.
- Share your ideas and develop new skills to inspire participation using approaches that include team games, dance, and Tai Chi.
- View the art programme at George Derby, and learn new techniques, get fresh ideas

## **Bios and Session Description**

**Dalia Gottlieb-Tanaka** earned her PhD from the University of British Columbia (UBC) in 2006 in the Institute of Health Promotion Research and the Interdisciplinary Studies Program. In 2011 she completed a Post Doctorate Fellowship with the Department of Psychology at UBC. In 1976 she graduated from the Bezalel Academy of Arts & Design in Jerusalem, and in 1980 received a Master's of Architecture degree from UBC. After working in architecture for about 30 years and raising a family, Dalia returned to school to pursue a new direction in gerontology, specifically in the study of creative expression, dementia and the therapeutic environment. The Creative Expression Activities Program she conceived and developed for seniors with dementia won an award from the American Society on Aging and the MetLife Foundation. She continues to deliver presentations and workshops demonstrating the program and her research work in the US, Canada, Israel and Europe. Dalia founded the Society for the Arts in Dementia Care in British Columbia and is the moving force behind the annual international conferences and workshops on creative expression, communication and dementia (CECD).

***dr.daliagt@gmail.com***

### **Creative Expressions Activities Program**

#### **At This Age: a Group at the Schubert Centre in Vernon, BC**

**At This Age** is a group of about 10 older adults of healthy cognition; it is a self-led group facilitated by Dalia Gottlieb-Tanaka under the umbrella of the Society for the Arts in Dementia Care. Science tells us that being engaged in the creative arts may postpone dementia by 2 years. The idea is to become proactive long before any possible diagnosis of dementia. We hold structured sessions that can be applied to many topics. Participants share their expertise and life stories in a safe and friendly environment. Members of the group become engaged in visual and performing arts. They paint, dance, write poems, share life stories, perform and act, write music, sing, view and critique movies, go on educational and fun trips. The group develops new friendships that fend off boredom and bring excitement and stimulation to their lives.

### **Introduction to CEAA – the Creative -Expressive Abilities Assessment tool**

In this introductory session we briefly discuss the reasons for developing the Creative Expressive Abilities Assessment (CEAA) tool and the benefits of using it. The tool was designed to obtain in-depth information on the expressive abilities of seniors with dementia. It focuses on a wide range of abilities that have shown changes and improvements when seniors participated in appropriate and relevant creative expression programs. The CEAA tool is easy to use for practical purposes, research and data collection, for grant applications, and progress reports. The CEAA tool is available for purchase on-line: see [www.dementia-activities.com](http://www.dementia-activities.com)  
In-depth training is highly recommended.

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**Jeanne Sommerfield** began working with elders in 1978, taking time off to raise four sons, re-entering the field following graduation from Kwantlen University's Gerontology-Based Therapeutic Recreation Programme, and has continued developing her skills while working with seniors and their families.

Jeanne has often observed how encouraging elders to express themselves in a creative way helps to build relationships, share life experience and develop communities where individuals are valued for the person they are in the present, as well as who they have been in the past, and who they may become in the future. Jeanne served two terms as President of the Leisure Practitioner's Association of BC, (formerly the Activity Coordinators Association of BC), and currently is a Board member of LPABC, and the Society For The Arts in Dementia Care. Jeanne has designed an Activity Assistant Diploma Programme Curriculum and is an Instructor for the course at Drake Medox College, Vancouver.

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### **Fitness, Movement and X-er Games**

Together we will discuss inspiration, motivation and barriers to participation in fitness programmes. Using familiar themes, games and music, we will look at ways to get people moving that maintain or improve function, enjoyment and quality of life.

### **Creative Writing, Story Telling and Drama Games: The Creative Writing Group**

This session will provide you with ideas on how to engage elders in a process which encourages creative expression, focusing on life experience, strengths and abilities. This programme can be successful with elders of all cognitive abilities.

Utilizing the energy and sparking the imagination of participants, the facilitator captures words and phrases as expressed in discussion around a theme, thereby creating a poem, story or character. Through the process of creating their writing, elders participate in reminiscing, cognitive challenges, physical stamina, community building, expressing personal philosophy and spirituality, shared enjoyment and pride.

Drama games can help elders tap into their abundant life experiences, express their thoughts and re-discover their sense of play.

**Shelley Klammer** is a Registered Counselor, Expressive Artist and Therapeutic Art Facilitator in Artworks Studio in Burnaby, BC. Artworks Studio is the largest government-funded art studio for the elderly in Canada. With a team of 10 instructors, she facilitates painting, textile and weaving projects for seniors with dementia and/or physical challenges. Shelley's intuitive approach to facilitating art is grounded in the direct experience of engaging varied populations in group and individualized art-making processes. Shelley writes and facilitates expressive art online e-courses and provides individualized creative self-expression programs world-wide. She has written a guidebook called, "How to Start an Art Program for the Elderly" that discusses over fifty ways to inspire people with dementia to create art.

***shelley@expressiveartworkshops.com***

### **Looking Into the Creative Process of Artists with Dementia**

The need to self-express is different for each individual and no one directive can properly encapsulate the creative process that each person with dementia needs to express their individuality. This presentation offers a myriad of person-centered ways to engage people with dementia in the art-making process by finding out what motivates each individual to express their inner life and enjoyment in a way that is unique to their emotional needs, life history, talents, motivations and interests.