

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

CEED

Creative Expression, Communication and Dementia



'Listening with
the Heart'

Conference Brochure

Symposium to be held on:

Friday 4th June 2010

8.50 am to 4.00pm (8.15 am Registration)



State Library of Western Australia

Theatre, Alexander Library Building Perth

Cultural Centre, Perth WA 6000



Event management support is being provided
by students completing the Diploma of
Business, 2010



central
INSTITUTE OF TECHNOLOGY

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



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

The mission of the society is to provide an interdisciplinary forum for the creative expression in dementia care and disseminate knowledge and establish ties with dementia care organisations worldwide. This organisation grew out of the First International Conference on Creative Expression, Communication and Dementia, Vancouver, 2005 that brought academics and practitioners together to discuss topics of mutual interest.

The Society is based originally on Dr. Dalia Gottlieb-Tanaka's PhD on creativity, dementia and the therapeutic environment. The Society serves as an educational and networking tool, hosts international conferences and workshops, brings together academic research and practical knowledge, encourages collaboration between the medical profession and the creative arts. Hilary Lee registered the Society in Western Australia in 2006 and has established an executive board, and eventually the Society will be open to members Australia wide. The Society web site is: www.cecd-society.org



Hilary Lee, MSC OTR
*Chair, The Society for the Arts in
Dementia Care (Australia) Inc.*



Maree Maclachlan, BAppSc(OT)
*Secretary, The Society for the Arts in
Dementia Care (Australia) Inc*

'Listening with the heart'
Symposium Program

8.15	Registration	
8.50	Welcome	Hilary Lee, Chair of the Society for the Arts in Dementia Care (Australia) Inc.
9.15	Caring Moments	Elizabeth Bezant and Pamela Eaves (authors)
10.00	The Lost Generation Project	Simone Flavelle, DADAA (Disability in the Arts/Disadvantage in the Arts, Western Australia)
10.40	Morning Tea	
11.00	Maurice Zeffert Choir	Maurice Zeffert Choir - Director: Nicki De Hoog
11.30	The Story of the Choir	Professor Jane Davidson, University of Western Australia
12.15	Lunch	
1.15	Introduction to Afternoon	Maree Maclachlan, Secretary of the Society for the Arts in Dementia Care
1.20	An Insight from the Outside	Students from Central Institute of Technology
1.30	Creating a Beacon of Light	Norma Hatchett, artist
2.10	Afternoon Tea	
2.30	Hundreds of Stories Discussion with Audience	Trisha Kotai-Ewers, Author and Founder of the Mattie Furphy Centre for the Creative Imagination
3.50	Closing Comments	Hilary Lee, Chair of the Society for the Arts in Dementia Care (Australia) Inc.
4.00	Close	

Artwork included in this flyer was facilitated by Norma Hatchett using 'Hooked on Hessian' with people with dementia living in Perth, WA, including a tapestry completed at Maurice Zeffert Home.



SYPOSIUM SESSIONS

Welcome

Hilary Lee, Chair of the Society for the Arts in Dementia Care (Australia) Inc.
Time: 9.00 am – 9.15 am

Session 1 Caring Moments

Elizabeth Bezant and Pamela Eaves (Authors)
Time: 9.15 am – 10.00 am

Elizabeth and Pamela will be sharing the reasons why they have published their books *“Stolen Moments”* and *“Caring Moments”*, and how they compiled the stories and information content of the books and also the functions of their website designed to involve and assist carers. They will also give tips about how to write your own life-story and those for whom you care.

During Pamela and Elizabeth’s presentation, they will discuss how they published their books. The first, titled **STOLEN MOMENTS**, which was designed to give the people who are caring for or are involved with a person or people affected by Aged Memory Loss, dementia or Alzheimer’s disease, the opportunity to read true-life, inspiring stories written by people in the same or similar situations and the sequel **CARING MOMENTS**, an everyday handbook for carers of those with dementia and Alzheimer’s disease, which includes not only true-life stories, but also reference material/content for families and carers.

They also discuss their website, www.all-about-alzheimers.com, which promotes awareness, and offers knowledge and information about dementia and Alzheimer’s carers supporting each other.

Elizabeth will give tips on how to write a life story and will also share writing exercises.

Both Elizabeth and Pamela encourage questions and participation.

Session 2 The Lost Generation Project

Simone Flavelle, DADAA (Disability in the Arts/Disadvantage in the Arts, Western Australia)
Time: 10.00 am – 10.40 am

People with intellectual disabilities are a high risk group for developing dementia. Social inclusion, active participation and the intellectual stimulation from engaging in a program of arts and film making activities increases physical and emotional well being. Research has shown that these types of activities, when sustained, may be protective against the onset of dementia or assist in its management.

The Lost Generation Project will provide an overview of the project and screen some of the filmed outcomes by Storyteller/Participants.

The Lost Generation Project uses community cultural development to reconnect people with intellectual disabilities who are ageing, and who have been institutionalised for most or all of their lives, to their communities. The main target group for the project is people living in Disability Services Accommodation across 19 Perth Metropolitan local government areas.

Simone Flavelle, Manager of DADAA’s Ageing and Disability Program and The Lost Generation Project will provide an overview of the project and screen some of the filmed outcomes by Storyteller/Participants.



Session 3

Maurice Zeffert Choir

Maurice Zeffert Choir – Director: Nicki De Hoog

Time: 11.00am – 11.30am

Session 4

The Story of the Choir

Professor Jane Davidson, UWA

Time: 11.20am – 12.00pm

Act, Belong, Commit to Singing: Investigating group singing activity with frail-age and dementia clients and their carers.

The current talk discusses the setting up, running and evaluation of the impact of a singing program developed specifically for older individuals for health and wellbeing impact. Six singing groups now run across WA following the same principles, and all are sponsored by Healthway and the Wicking Trust. In the presentation, the approach and facilitated content of these groups will be discussed.

As such, effects will be discussed including social capital benefits, reported levels of improved fitness and health as well as improved levels of confidence in music understanding and singing. A specific case study of the choirs working with dementia clients and their caregivers will be made. Video footage of the sessions and written diaries kept by both the singing group facilitator and some of the caregivers were drawn upon for analysis, alongside a range of standardised measures of wellbeing and quality of life. Whilst little effect of the singing program was revealed using these standard outcome measures, study-specific measures and the qualitative analyses indicated that many participants had positive gains. A discussion will be undertaken to explore the ways in which a well-structured singing program can encourage both caregiver and cared for participant to develop communication skills leading to both health and wellbeing impact. But, discussion will also probe the ways in which currently available standardised measures for these cohorts are evidently not sufficiently fine-grained to account for the changes that occur.



Introduction to the Afternoon

Maree Maclachlan, Secretary of the Society for the Arts in Dementia Care (Australia) Inc.

Time: 1.15 pm

Session 5

An Insight from the Outside

Students from Central Institute of Technology

Time: 1.20pm – 1.30pm

Session 6

Creating a Beacon of Light

Norma Hatchett, artist

Time: 1.30pm – 2.10pm

Hooked on Hessian was established in 2000. The last 10 years have seen the completion of 12 Community Tapestries. The last 5 Tapestries have been completed with Dementia Participants and community support.

Session 7

Hundreds of Stories

Discussion with Audience

Trisha Kotai-Ewers, Author and Founder of the Mattie Furphy Centre for the Creative Imagination

Time: 2.30pm – 3.50pm

The paper, titled 'Hundreds of Stories', will explore the importance of people with dementia knowing that they are being heard with an open heart. After the paper, Trisha will sum up the papers given during the day and lead a discussion on ways forward towards more creative approaches in dementia care.

Session 8

Closing Comments

Hilary Lee

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

Time: 3.50 pm – 4.00 pm

SPEAKERS BIOGRAPHIES

Pamela Eaves

Western Australian born, Pamela is the mother of Tracey and Mark, mother-in-law of William and proud grandmother of four. For many years Pamela's writing has been used for creating ceremonies and eulogies in her role as a Marriage and Funeral Celebrant. It's a career that fits in perfectly with her personal and profound interest in the well-being of the local community.



Pamela and her sister, Cathy, care for their mother and aunt (also sisters), one of whom is experiencing the challenges of dementia and the other, Alzheimer's disease.

Pamela's background includes her many years as a Celebrant; Deputy Member of the WA State Government Equal Opportunity Tribunal; State Administrative Tribunal; represented the Inspector of Custodial Services and the State Attorney General as an 'Official Visitor' to W A Prisons; Justice of the Peace; Member of the Bench for the Perth Court of Petty Sessions; WA State President of Women Justices' Association; State President of the Executive Women's Forum; President of Soroptimist International 'On The Terrace' Chapter; founding member of W A Soroptimist International 'Women In Prison' Group.

In 2008 Soroptimist International acknowledged her contribution to the community by awarding her the 'Stella Giles Award for Excellence'. Pamela was also recognised by Executive Women's Forum with the 'Liz Davenport Woman of Achievement Award'.

Elizabeth Bezzant

Born in England, Elizabeth now lives on the west coast of Australia enjoying a life that happily balances time between her family, her writing and her business, 'Writing to Inspire'.

'Writing to Inspire's' focal aim is to inspire, inform and motivate people closer to achieving their writing dream. She does this through her website www.writingtoinspire.com, complete with articles, writing prompts and the 'Writing to Inspire Online Writing School'.

However in her role as a writing coach, Elizabeth also nationally and internationally conducting workshops, courses, talks to children, youths and adults, and accepting invitations to be a writer-in-residence. In the past she has hosted regular television and radio segments, and a newspaper column.

As a writer Elizabeth's stories and articles can be found online and in a variety of publications across the world. The books she is most known for are: The 'I Want to Write, But Don't Know Where To Start'; 'Writing Your Life Story'; 'Lost Outside These Walls', and, of course, 'Stolen Moments'.

Her writing career has also led to her appointment as State President of the Society of Women Writers, WA; Vice President and also Acting President of the Peter Cowan Writers' Centre.





Simone Flavelle

BA English, Diploma Perf. Arts

Simone has worked in the Arts and Disability field since 1993 and had been involved in the development of Western Australia arts and disability practice since that time. Her work for DADAA has included Facilitator, Writer and Director of performance projects and films and management and coordination arts project including the development and maintenance of partnerships to support project participants.

Simone began in the Ageing and Disability area in 2003 and worked in partnership with the Disability Services Commission's Accommodation Services Directorate on 15 small to medium arts and cultural projects until 2007 when The Lost Generation Project commenced.



Jane Davidson

Winthrop Professor Jane Davidson is the current Callaway/Tunley Chair of Music and Director of the Callaway Centre at the University of Western Australia. She has been working on research into singing and wellbeing for a decade, with her research interests ranging from music cognition to historical performance practices. She is a trained opera singer and music psychologist and has advised on the development of music therapy training programs in UK.

Jane gratefully acknowledges the crucial input of singing group facilitator Nicki De Hoog, project officer Julie Fedele, and colleague Dr Robert Faulkner in offering their skill and dedication to the current work. She is also very grateful to all site-based coordinators of the singing groups, especially those from the Maurice Zeffert Memorial Centre, Alzheimer's Association WA Ltd, and Stirling Silver Singers for their extra support today.

Born in Perth West. Australia, I graduated from WA School of Nursing in 1978. I married soon after and settled in the country to raise my 3 sons. My 2nd child required long term caring after a childhood illness and I started a search for meaningful activities that would stimulate and encourage the use of both hands and both sides of the brain. When he left school it was an ideal time to incorporate these activities into a business that could provide activities for adults and children that needed similar supported recreation.



Hooked on Hessian was established in 2000. My son now has his own studio where he helps in preparation for all of our workshops. I currently run an After School Arts programme and work in the community providing assistance to groups that are interested in including our rug making workshops into their centres. The last 10 years have seen the completion of 12 Community Tapestries. The last 5 Tapestries have been completed with Dementia Participants and community support.

I am currently on the Kalamunda Councils Disability Access and Inclusion Advisory Committee and Kalamunda Zig Zag Festival Committee. I am passionate about the arts and arts inclusion and believe the combination of colour, texture, music and creativity makes a difference in peoples' lives irrespective of age.

Trisha Kotai-Ewers has a BA in languages and an MPhil in Medieval and Renaissance Studies from the University of Western Australia. For 25 years she taught languages in Western Australian government and independent schools. She also taught meditation for several years. Currently Trisha is completing a PhD on the history of the Fellowship of Australian Writers (WA) with which she has been involved since 1988.

In 1997 Trisha began working as Writer in Residence with people with dementia and has given papers on her work at national and international conferences. By being totally present and listening to their stories with her heart, she was able to enter into their world to some degree.

In 2007 the Alzheimer's Association (WA) published her book '*Listen to the Talk of Us: People with dementia speak out.*'

Throughout her life Trisha has explored several creative modalities and is convinced that people can be reached through creativity when the rational process is impaired for whatever reason.

