

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



# Creativity in Dementia: Local and Global Perspectives

Date: 17<sup>th</sup> June 2011

Time: 9.00am - 4.00pm.

Address: Innovation Centre,  
Technology Park, 9 De Laeter  
Way, Bentley 6012.



This conference will be held by the Society for the Arts in Dementia Care Australia (Inc.) along with the Business Students at the Central Institute of Technology.



## 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](http://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*

# Symposium Program 2011

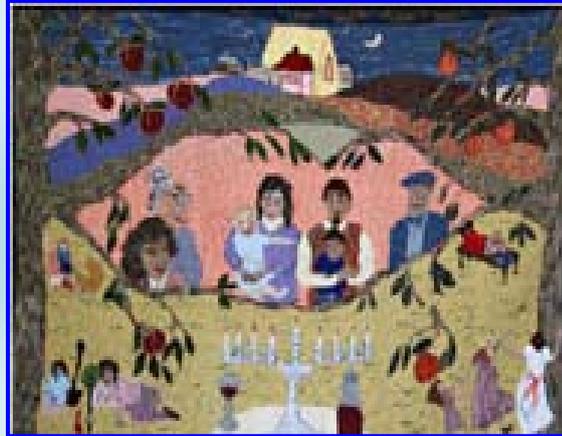
<b>9:00am</b>	Registration	
<b>9:30am</b>	Introduction	<b>Maree MacLachlan</b> , Chairperson, The Society for the Arts in Dementia Care (Australia) Inc, and <b>Hilary Lee</b> , Founder, The Society for the Arts in Dementia Care (Australia) Inc
<b>9:40am</b>	<b>Keynote Presentation</b> Research in music in dementia	<b>Professor Jane Davidson</b> , UWA
<b>10:20am</b>	<i>Morning Tea</i>	
<b>10:40am</b>	Using drama to teach the community about dementia in Japan	<b>Maree MacLachlan</b>
<b>11:20am</b>	Feedback from the CECD Conference in Vancouver 2010	<b>Jan Clark</b> , Executive Care Manager, Maurice Zeffert Home
<b>12:00am</b>	<i>Lunch</i>	
<b>1:00pm</b>	<b>Keynote Presentation</b> Local and Global Research advances in dementia	<b>Professor Ralph Martins</b> , Edith Cowan University
<b>2.00pm</b>	<i>Afternoon Tea</i>	
<b>2:15pm</b>	From White Board to Red Carpet – a creative venture in film making in a residential aged care setting	<b>Jeni Winslow</b> , <i>Spark of Life</i> Coordinator, Maurice Zeffert Home
<b>3.00pm</b>	Innovative art therapy projects	<b>Jackie Lewis</b> , Art Therapist, Alzheimer's Australia WA
<b>3:45pm</b>	What this project meant to us	Central Institute of Technology, Diploma of Business Students
<b>3.55pm</b>	Closing Comments	<b>Maree MacLachlan and Hilary Lee</b>
<b>4.00pm</b>	<i>Finish</i>	

# Symposium Sessions

## Welcome

**Time:** 9.30 – 9.40 am

Maree MacLachlan and Hilary Lee.



## Session 1

### Research in music in dementia

**Professor Jane Davidson, UWA**

**Time:** 09.40 am – 10.20 am

This talk explores the role of music in dementia care, and presents a case study of a six-week singing program targeted for older individuals with dementia and their caregivers. Participants were from: a) a residential care unit within a retirement village with dementia clients and their site-based professional caregivers (mainly occupational therapists, but some care assistants); and b) a drop-in program organised by a dementia trust for clients living in the community, in which both client and spouse was asked to participate.

The program, already tried and tested, had been developed with elderly clients mainly without dementia but was modified to suit the new cohort and evaluated using standardised measures of dementia, health and wellbeing, plus measures designed to examine specific singing program outcomes. In addition, video footage of the sessions and checklists kept by both the singing group facilitator and some of the caregivers were drawn upon for qualitative analysis. Whilst little effect of the singing program was revealed using standard outcome measures, study-specific measures and the qualitative analyses indicated that many participants had positive gains including lucidity, improved social interaction within session, as well as enjoyment and singing engagement and carry over memory and recall from one week to the next.

Thus, it seems that well-structured singing programs can encourage both caregiver and cared for participant to develop better communication. The lack of outcomes from the standardised measures indicates that these types of measure are either not sufficiently fine-grained or appropriate to the context of the short-term singing program to account for the changes that are otherwise captured in the qualitative measures. This paper will address the potential positive prospects for work in music

and dementia care, but also highlight the problems with the current research tools available.

## **Session 2**

### **Using drama to teach the community about dementia in Japan**

**Maree MacLachlan**

**Time:** 10.40 am – 11.20 am

Japan with its rapidly ageing population has one of the highest numbers of people with dementia. It is from this and peoples lack of understanding of how to treat these people that the Kesen Boke Ichiza Theatre Group was formed. They perform in schools, community centres and anywhere they are invited to spread their message. Their aim is “To promote a better understanding of dementia.”

The group performed in Australia at the CECD and Aged and Community Services SA and NT Inc. Conference 2009 and it was from this that Maree’s interest grew leading her to travel to Japan and learn more about the group. She explored the idea of whether there was a place for theatre in Australia as a means to help teach and educate people about dementia. She discovered that there was more to learn from this group than just performing the skits, there was an overall philosophy underpinning the theatre group regarding how to treat people with dementia. This was evident in the way they went about their daily work in the hospitals, day care centres and group homes that she visited and was invited to work in.

Maree will discuss what she has learnt from her work in Japan and whether she feels this could be replicated, in some form to fit the Australian culture.

## **Session 3**

### **Feedback from the CECD Conference in Vancouver 2010**

**Jan Clark**, Executive Care Manager, *Maurice Zeffert Home*

**Time:** 11.20 am – 12.00 pm

### ***Feedback from the 5th CECD Conference in Penticton, British Columbia in Canada***

The 5th CECD Conference, focused on health, aging and the creative arts with the motto “The heart speaks when words fade” took place in Penticton, a beautiful resort town on the Okanagan Lake.

The conference was unique in that all 55 participants greatly enjoyed each other’s company, sharing their heart warming experiences in a very cohesive, supportive and inspirational way. Evaluations of the

conference demonstrated that everyone left with uplifted spirits and renewed enthusiastic energy to implement innovative care programs that more effectively activate physical and cognitive abilities of people with dementia.

Jan will discuss the presentations that particularly touched her heart and reinforced the emerging thought that creative arts combined with the most potent ingredient of all – loving human interaction triggers amazing outcomes in human well being. She will also share some travel photos with the attendees to illustrate what a wonderful part of the world British Columbia is.

#### **Session 4**

##### **Local and Global Research Advances in Dementia**

**Ralph N Martins**, *Edith Cowan University*

**Time:** 1.00 pm – 2.00 pm

Centre of Excellence for Alzheimer's disease Research and Care, School of Exercise, Biomedical & Health Science, Sir James McCusker Alzheimer's Disease Research Unit, Edith Cowan University, Perth, Australia

Alzheimer's disease (AD) is the most common form of dementia affecting the elderly. The disease is characterized by the build-up of amyloid deposits in selected regions of the brain primarily involved in learning, memory and reasoning. The most characteristic of these deposits known as amyloid plaques is composed of a protein termed beta amyloid.

Beta amyloid is to Alzheimer's disease what cholesterol is to heart disease. It is produced in everyone but when its level is elevated it causes disease. There are a number of mechanisms that result in increased levels of beta amyloid but in the large majority of cases lifestyle factors play a prominent role. These findings indicate that the disease process is modifiable and thus can be prevented or delayed by several years with the right combination of lifestyle intervention programs.

The knowledge that beta amyloid is a key player in the pathogenesis of AD has resulted in several disease modifying drugs being developed. Unfortunately their efficacy is limited as patient treatment is commenced when the vulnerable regions of the brain are already severely damaged. Thus early diagnosis is crucial if these treatments are to be effective. This presentation will provide novel approaches that are being undertaken in Australia through the establishment of the Australian Imaging Biomarkers and Lifestyle Ageing study towards the development of an early diagnostic test for AD. The promising role of sex

hormones in diagnosis as well as potential agents for the prevention and early treatment for Alzheimer's will also be discussed.

### **Session 5**

#### **From White Board to Red Carpet – a creative venture in filmmaking in a residential aged care setting**

**Jeni Winslow**, *Spark of Life* Coordinator, Maurice Zeffert Home

**Time:** 2.15 pm – 3.00 pm

Following a particularly playful and creative club theme, residents were given the opportunity to come up with a plot for a short film using the same theme. This was successfully accomplished and as a result a "Low Budget" film was created, in the style of the old silent movies. Jeni Winslow shares the journey with you, from White Board to Red Carpet.

### **Session 6**

#### **Innovative art therapy projects**

**Jackie Lewis**, Art Therapist, *Alzheimer's Australia WA*

**Time:** 3.00 pm – 3.45 pm

Jackie will be sharing the journey of designing a new Art Therapy program for Alzheimer's Australia WA that commenced in July 2008. The presentation will include a short 7 minute DVD produced by AA ACT and the National Gallery of Australia on their dementia specific Art gallery access program 'Art and Alzheimer's', based on the 'Meet me at Moma's' Art access program of the Museum of Modern Art, New York.

Jackie will describe how AAWA teamed up with the Art Gallery of WA to create a 12 month dementia specific program 'Moments with McCubbin', which has led to a new program 'Artistic Adventures'. Other programs include training in Art and Creativity for OTA's and care workers, Art therapy for individuals in the home or a care facility, and an Art therapy consultancy program for AAWA'S DBMAS program (Dementia Behaviour Management Advisory service.)

#### **Closing Comments with Maree MacLachlan and Hilary Lee.**

**Time:** 3.45 pm – 4.00pm

# Speaker Biographies

## Jane Davidson

Jane Davidson has trained in both music and contemporary dance, studying in UK and Canada for her bachelor and masters degrees. She completed a PhD in Music Psychology from City University, London. She has worked as an opera singer and director, a Leverhulme Trust Postdoctoral Research Fellow, and a music lecturer. Her first academic position was at City University, London, before moving to University of Sheffield, UK where she worked for thirteen years, helping to establish the largest concentration of research activity in music psychology in UK and supervising some 27 PhD students to completion.



She joined the staff at The University of Western Australia in 2006 as the inaugural Callaway/Tunley Chair of Music. Her current roles are as Research and Postgraduate Coordinator, Vocal Studies Coordinator and Director of the Callaway Centre, out of which she manages six funded research projects ranging from work on collections (specifically the ethnomusicologist John Blacking's personal and research papers) to practical work such as developing a program to use music for health and wellbeing impact, including music in dementia care.

Jane Davidson has published over 100 scholarly outputs and has expertise in musical skills and development, musical expression, singing and music for health and wellbeing. In creative practice, she continues to direct for the operatic stage.

## Ralph Martins

Ralph Martins' career in Alzheimer's disease has spanned 25 years and resulted in over 200 publications. He established the McCusker Alzheimer's Research and the Centre of Excellence Alzheimer's Disease Research. In 2004, he was appointed inaugural Chair in Ageing & Alzheimers at Edith Cowan University. He is a Senior Editor, for the Journal of Alzheimer's Disease and Editorial Board Member for CNS & Neurology. Dis. Martins is a board member of 3 research foundations and Alzhyme, a biotech company developing anti-amyloid drugs, which has taken a lead compound from concept to successful animal trials in 4 years. He was Western Australian, Australian of the Year for 2010.



**Jacqueline Lewis BA (Fine Art) Post Grad. Dip (Counselling), MA (Art Therapy)**

Jackie's Fine Art degree commenced at Exeter College of Art, UK, and was completed at Curtin University (formerly WAIT). Interested in combining Art and Health, Jackie discovered an Art Therapy program about to start, beginning her Art Therapy training at Edith Cowan University, Perth, in 1989, in the first intake of students for the Master's program, throughout



Australia. The first students graduated after five years, in 1993. She continued her studies in Family and Couples Counselling in 1995, again at Edith Cowan University.

While pioneering this new profession in Australia, Jackie's career has covered many areas including acute and community based Psychiatry, schools, a prison, community health programs, palliative care, and Drug and Alcohol rehab. in both Darwin and Perth. Having worked as a Support Group Co-ordinator for five years at Alzheimer's Australia WA, and Family Support Co-ordinator at Alzheimer's Australia NT for two years, it was a natural progression to becoming the Art Therapist at AAWA in 2008. Since that time Jackie has been passionate to bring 'the arts' to people living with dementia, and is constantly amazed at how much they can enjoy viewing, and making, art. Her role also includes training OTA's and support workers. Jackie has also been running a weekly Art Therapy program at Parkinson's Australia WA for three years, and sees the two areas complementing each other.

**Jan Clark Dip Nsg, Ba Nsg, Spark of Life Master**

Jan Clark, Executive Care Manager of the Maurice Zeffert Home (Inc) in Perth, Australia has worked in Clinical Management for the past 19 years. Jan's background in nursing began at Princess Margaret Hospital in 1971. For many years she has studied and practiced Aromatic Medicine, Spark of Life Dementia Care and Laughter Bossing to successfully implement therapeutic treatments and lead a multi disciplinary team empowering others to live their lives to the fullest.



Jan aspires to continually improve aged and dementia care practice through leadership of a team striving for excellence in contemporary, person centred care in spite of considerable budgetary constraints.

Within her role at the Maurice Zeffert Home Jan is discovering with joyful satisfaction that significant improvements in general well being and independence are achievable by facilitating creative expressive skills with art based innovations in care delivery.

Success to Jan is creating a loving, fun filled and inspirational environment for her staff and their clients. Jan has shared her successful experiences in aged care with others by presenting at local, national and international conferences.

She strongly believes that through networking with people passionate about creativity in aged care, synergic innovations in health care cultures are emerging.