

# CECD

*Creative Expression, Communication and Dementia*

NEWSLETTER NO.3 OCTOBER 2008

## *Hello & Welcome!* From the Chair, **Hilary Lee.**



**Welcome to the October issue of the CECD newsletter. It's been a busy and successful year for us here at the Society, promoting innovations in creative expression in dementia care globally and locally. The power of the arts in dementia is gaining serious attention amongst the aged care community and organisations.**

The respective chairs of Canada and Australia, in collaboration with Dr Peter Graf at the University of British Columbia, have undertaken further research in the arts with an international study to develop the Creative-Expressive Assessment Tool (see page 3).

On 10th December 2007 the Society, represented by Hilary Lee and Norma Hatchett gave a free presentation to promote the value of creative expression in dementia care through the arts to the Occupational Therapy Aged Care Interest Group in Perth. About 30 occupational therapists attended and they showed great interest in the potential of this approach.

Norma Hatchett promoted our work with a number of successful Hooked on

Hessian weaving projects undertaken with residential and aged care facilities in Western Australia. On 6th February 2008 a tapestry she facilitated at the Maurice Zeffert Home was officially unveiled with a special ceremony attended by facility members, families and the community. A representative of the residents involved in the project, staff, Norma, the chair, and special guest Jane Verity, CEO of Dementia Care Australia gave inspiring speeches at the event. The tapestry is now featured on the cover of the training manual for the Creative-Expressive Assessment Tool that is used internationally.

On 27th March 2008 the Society was represented at the World Congress of Health Professionals in Perth by the Chair. In May 2008 two 'Fabulous felting' workshops by Clare Hall and Naomi Ween were hosted by the Society in Perth. These proved to be extremely popular and helped to launch Clare and Naomi into business using this medium in aged care as 'Felt Good Therapy'.

In May 2008 four Australian Society representatives (Hilary Lee, Dr Ruth Bright, Dr Peter Spitzer and Katherine Tumes) gave presentations to an enthusiastic audience at the 3rd International Creative Expression and Communication in Dementia Conference in Vancouver (see page 2) and in June 2008 the Chair again represented the Society at the International Eden Conference in Columbus, Ohio, USA. ■



*"I did this,  
it's very nice  
and I feel very  
proud of it."*

*Lisa*

*Photo by Hilary Lee*

Lisa, who lives in the Maurice Zeffert Home, Perth holds her artwork of the Jewish Menora candles.

*Hilary*

# CECD Conference and Mindscapes 2008 at Emily Carr University in Vancouver, BC

By **Dalia Gottlieb-Tanaka**, PhD and **Hilary Lee**, MSc



*Dr Dalia Gottlieb-Tanaka and Dr Ruth Bright*



*Katherine Tumes and Dr Shaun McNiff*



*Hilary Lee and Dr Peter Spitzer*

On May 30 and 31, 2008 we hosted the 3rd International Conference on Creative Expression and Communication at Emily Carr University on Granville Island in Vancouver. The conference included Mindscapes 2008, an exhibition of art produced by seniors with dementia. Hilary arrived with a lively Australian contingent - Dr Peter Spitzer, Co-Founder of the Humour Foundation and Dr Ruth Bright, music therapist from New South Wales, and Katherine Tumes, art therapist from Adelaide.

We heard inspiring talks on various

topics, from a discussion on ethical rights of people with dementia presented by a Canadian scholar Dr. Janice Graham, to discussion of the challenge of crossing professional boundaries, specifically in creative expression programs, presented by Dr. Shaun McNiff from USA. Dr. Elinor Fuchs from USA shared the insights she gained in interacting with her mother as her dementia progressed. Dr. Remi Quirion, our Canadian keynote speaker who is also one of the top scientists in Canada, spoke about his conviction in the arts as a healing force in dementia care and Dr. Susan McFadden

gave a thoughtful presentation on the value of nourishing spirituality in dementia care.

The society chairs presented along with Dr. Peter Graf, the Creative Expressive Abilities Assessment (CEAA) for seniors with dementia. Our presentation generated a great deal of interest and feedback from the the conference has been encouraging. Drs Gottlieb-Tanaka and Graf, are busy giving lectures and workshops on the use of the CEAA in Canada and feedback from participants is very positive. ■

## Mindscapes 2008 Exhibition

The Mindscapes 2008 art exhibition was also a great success, highlighting the value of supporting the creative expressive abilities of people with dementia. The exhibition is planned to tour Canada including a new office of the three Alzheimer Societies of Toronto, Ontario and the National organization of Canada.



*Katherine Tumes putting her resident's artwork from Aldersgate Wesley, Adelaide, South Australia together for the Mindscapes Art Exhibition.*



*Hilary Lee and Dalia Gottlieb-Tanaka hanging the artwork.*



*Watercolor, 8-1/2 x 11 inches. Title: Friendship Presented at CECD Conference and Mindscapes 2008 art exhibit at Emily Carr Institute, June 2008.*

*Agnes, a senior with dementia at a long term care facility in West Vancouver had a clear definition of Friendship - "nice, they share the good times and the bad times". Agnes drew the tulips with a missing flower to represent her lost friends.*

*Photo and article by Dalia Gottlieb-Tanaka*

# An introduction to the Creative-Expressive Abilities Assessment Tool

by **Dalia Gottlieb-Tanaka, PhD, Hilary Lee, MSc and Peter Graf, PhD**

## CREATIVE-EXPRESSIVE ABILITIES ASSESSMENT USER GUIDE



DALIA GOTTLIEB-TANAKA  
HILARY LEE  
PETER GRAF

**The Creative-Expressive Abilities Assessment (CEAA) instrument** is designed for obtaining in-depth information about the expressive abilities of seniors with dementia. The instrument focuses on a wide range of abilities that have shown improvements when seniors participated in creative activity programs. The CEAA instrument is easy to use and provides a convenient method for quantifying changes in behaviour. The instrument can be used, for example, for comparing the effectiveness of creative activity programs or to ensure the successful matching of activities to the unique needs of each client or of a group.

**The CEAA instrument** consists of 27 items related to the following abilities: memory, attention, language, psychosocial, reasoning & problem solving, emotion and culture. While clients are participating in a creative activity program, their behavior is recorded and rated by an observer trained on the CEAA. The CEAA has good internal consistency (Cronbach's alpha = .89), as well as good inter-rater reliability (Cronbach's Kappa = .83) (Gottlieb-Tanaka, Lee and Graf, 2008, and in preparation). This package includes 25 copies of the CEAA rating form (each form may be used for making observations on 4 clients), the CEAA user guide, and 2 DVDs.

### Significance of the Newly Developed Assessment Tool

The rapid aging of society, and the corresponding increase in the population of seniors with dementia, will create enormous pressures on the health care system, pressures that threaten creative activities and other programs, which are critical for the well-being and quality of life of seniors living with dementia. We are convinced that an assessment tool, such as the one we have developed, will help creative expression facilitators, care facility administrators, the medical establishment and the families of people with dementia appreciate how such programs contribute to the seniors' quality of life.

### Benefits

#### If you are a creative expression facilitator:

1. You will be able to observe your clients' creative abilities in a systematic way and monitor any changes in those abilities over time.
2. You will have a document that is easy to complete and read at glance.
3. You will have a document with reliable results for reporting in meetings with your colleagues, administration and families.
4. It is an excellent assessment tool to get to know new clients and document their creative expression abilities.
5. You will be able to monitor your sessions and how effective they are by analyzing the responses of your clients.
6. You can use the tool as a guide in planning your activities to suit each client.

#### If you are an administrator of a care facility:

1. You will be able to monitor how your residents respond to various programs.
2. You will have a tool that provides specific reports on residents' creative abilities to complement medical reports.
3. You may use this tool in planning your budget for effective recreation activities and guidance in hiring facilitators.

#### If you are a researcher:

1. You will have a tool which is based on solid quantitative research.
2. You will be able to measure creative abilities in a quantitative way following these ratings.
  - Testing the tool yielded consistent results among raters with 80% agreement most of the time.
  - The tool is internally consistent in demonstrating whether the items measure the same things or different things at higher than 0.9.
  - Comparing scores that were achieved when rated in real time vs. video observation by 2 trained observers revealed similar scores, and the Inter-rater agreement measured around 0.8.
  - In contrast, observations of non-structured activities as residents go about their daily routines and do not engage in creative expression activities revealed very low scores.
3. It will provide you an excellent way to monitor your subjects in a range of domains, such as memory and attention.
4. The accompanying manual is easy to follow and an excellent training resource. ■

*"This tool has great potential for enabling staff to measure the positive results of meaningful activity; this is a very valuable to covering areas of assessment previously untapped (to my knowledge). Once you are familiar with it, it is very simple & quick to fill in - the set up of the form allows re-evaluation on the same page at a future date which assists with comparing results (eg. before meaningful activity, during and/or after.)"*

Jeni Winslow, Spark of Life co-ordinator and facilitator at Maurice Zeffert Home, Perth

To obtain your copy of the tool please visit **www.dementia-activities.com** or write to:  
ArtScience Press  
#5 – 1684 Albern Street  
Vancouver, British Columbia  
V6G 1A6

## Felting Workshops

May 2008

by Jeni Winslow

The inaugural arts workshop for the Society was a felting workshop held at the Sawyers Valley home studio of felt artist Clare Hall & assisted by Naomi Ween. This workshop was quickly booked out & so we were able to fill a second one a couple of weeks later.

Clare has worked in aged care facilities and has introduced felting as a creative, fail free & sensory activity for people with dementia. Items created have varied according to the person's level of dementia but have included pictures, mats, vases and spectacle cases - also felt beads made with people in later stages. In our workshop each participant made a felted picture. We all had a different, lovely coloured wool batt and a basket of tempting looking pieces of coloured wools in front of us with which to create our design (or random abstractness!).

Clare demonstrated how to do this first stage and when we had all completed that we were ready for the wet felting stage. This was a lovely enjoyable, tactile experience - rhythmical, relaxing and



Left: Abstract felt work and below Mermaid felt designs by Jeni Winslow.



fascinating to witness this woolly mass come together in a felted art form. Clare clearly explained and demonstrated each stage as well as providing additional ideas for felting projects in the workplace. She had an interesting slideshow of with people with dementia working on felting projects under her direction; it was evident by the looks on their faces that this was an activity that the participants found very enjoyable and engaging.

There were also some advanced felting projects on display such as slippers, boots

etc. for the more adventurous. It was a highly successful workshop, enjoyed by participants with much positive feedback. Seeing everyone's finished project was a lot of fun and several of us left clutching a little starter kit we had purchased, excited at the prospect of introducing this beautiful and adaptable creative art into our different workplaces. ■

## Art in Nature Workshop

September 2008

Norma Hatchett



In September I ran a workshop that provides construction challenges, stimulates the olfactory senses and is good for the environment. Give up? You really had to be there. We made bird nesting sites. Not bird nests, that bit we leave to the birds. Most of you will have noticed how birds drop into our pergolas and pull apart hanging baskets this time of year. What they are after is a quick fix to line those nests. They will pull threads from blankets, pull horse tails and follow your long haired dog all after those choice soft fibres. After watching my feathered friends I thought it might be good to give nature a helping hand and roll this idea into a workshop. We used circles of rosemary and lavender and wove pieces of polyester wadding, threads of hessian and coloured wool to create a one stop bird fibre fix station. Some of you might be asking 'how could this benefit people with dementia?' I think this could work on many levels:

1. Raise awareness and promote discussion with regards to local bird populations.
2. Stimulate memories: For example making a bird identification chart by the courtyard.
3. Provide sensory stimulation: Eg a group could look at flowering plants in the

courtyard. Is there a bird bath? What about a bird feeder? Could some plants be grown so they flower at different times?

4. Provide interest and excitement with experiences out of the ordinary: Eg the nesting sites could be hung outside some of the windows of residents and you may be rewarded by silver eyes or honeyeaters building their nests right outside. There is something very special about watching a mother bird coming and going feeding her young.

Maybe it could be the beginning of a new interest group or maybe it will stimulate memories of keen amateur naturalists that know more than you do about local birds. Did you know most of our small birds need spider silk to hold them together? They need to rebuild every year because the winter rains and winds ruin them. Bigger birds can reuse and reline because they use sticks and pieces of twine and...I could waffle on but you can all get to the library and pick up a book on local birds and they will love you for it. Just make sure the resident cat has a collar on.

If you missed this activity why not try and get to our paper making session in November. ■

## About our Executive Committee

**Hilary Lee, MSc, Dip COT**  
**Chairperson**



Hilary is an innovator and researcher in dementia care. She has a background in occupational therapy and has completed a Masters in Science at Curtin University of Technology in Perth, in dementia research. Hilary established the Australian chapter of Society for the Arts in Dementia Care in Western Australia in 2006, set up the executive board and has since been the Chair of this chapter.

Hilary has undertaken many projects in dementia care that have been the first of their kind and has presented her work both nationally and internationally. These include easing the transition to residential care, the early identification and prevention of depression in people with dementia, and a multidisciplinary approach to palliative care. She has worked with filmmakers in Perth on a documentary about an intergenerational creative expression project.

Hilary has published articles on many of her innovative projects and has recently co-developed the Creative-Expressive Assessment Tool in collaboration with Dr Dalia Gottlieb-Tanaka and Dr Peter Graf at the University of British Columbia, Vancouver.

**Angelica Orb, PhD, M.Ed, Dip Ed,**  
**BA Nsg**  
**Board Member**



From 1989-2007 Dr Orb was involved in research related to aged care as Senior Lecturer, Division of Health Sciences, Curtin University of Technology. Some specific projects have included educational packages for rural registered nurses in gerontology,

examination of the concept of health of well elderly and cultural aspects of ageing. More recently, Dr Orb has focused her research interest into grandparents caring for their grandchildren as primary carers as well as elderly people from culturally and linguistically diverse backgrounds.

She has published in national and international refereed journals and was awarded the Best Journal of Nursing Scholarship Award, 2001 by Sigma Theta Tau International Honor Society of Nursing Indianapolis, USA. She was a member of the 2000 Fulbright Symposium Organizing committee "Implications of an ageing population". Dr Orb was a Research Fellow of the Centre for Research into Aged Care Services between 2001 and 2003. Dr Orb has recently retired from full-time work and assists the society with reviewing documentation, advising on procedures, reports, and is on the 2009 CECD conference committee.

**Norma Hatchett, BA Nsg**  
**Treasurer**



Norma graduated from WA School of Nursing in 1978. She married and had a family and her 2nd child required long term caring after a childhood illness that caused a stroke. She started a search for meaningful activities that would stimulate and encourage the use of both hands and both sides of the brain that led to her setting up a business called Hooked on Hessian. Her son now has his own studio where he helps in preparation for workshops. Norma has a personal understanding of dementia from years of providing care and support for her mother who had dementia.

Norma runs an After School Arts program and works in the community. She is a member of the Hills Symphony Orchestra and has run music activities in her local primary school. She is passionate about the arts and believes the combination of colour, texture, music and creativity makes a difference in people's lives irrespective of age.

**Maree Maclachlan, BSc(OT)**  
**Secretary**



Maree's interest in Aged Care and especially people with dementia started when working with Hilary Lee on the Cherished Memories, Childhood Dreams Tapestry Project as a student. She presented at Better Practice Aged Conference in Perth on the projects competed under Hilary's supervision including the Spiritual Sensory Garden and Tapestry Project. Since graduating as an occupational therapist, Maree has worked in aged care facilities and is now working in a private hospital.

She was Treasurer then Convener of the Western Australian Occupational Therapy Aged Care Interest Group 2006 and in 2007 through her involvement in the Tapestry project gave a lecture and workshop to Japanese OT and PT students in Brisbane. She has a keen interest art, crafts and a passion in music and working with people with dementia. It is through this interest that she is now embarking on doing her Masters Degree. Maree was elected to the board in April 2008 and has been volunteering with weekly administration support for the Society and is part of the 2009 CECD conference committee.

**Jeni Winslow, BAppSc(OT), Dip OT**  
**Board Member and**  
**Society Historian**



Jeni has a background in occupational therapy, currently working in an aged care facility in Perth as the first Spark of Life Co-ordinator. She has had over 30 years experience working in different fields of OT and has had fifteen years experience in aged care residential settings, specializing

in working with people with dementia. She has also been involved in training staff in dementia care and has been instrumental in setting up dementia specific programs in several facilities. Jeni has a strong interest in the arts, particularly the visual arts and spent a year at art school prior to studying OT. Her interests include travel, gardening, reading, quilting, drawing & painting & she is currently exploring freestyle art journals. She has taken an active role in setting up the society workshops in Perth over the last 12 months. Jeni has an interest in recording the story of the society since its introduction to Australia.

**Elizabeth Oliver, BSc(OT), BBA  
Board Member**



Elizabeth graduated with a double degree in Occupational Therapy and Business Administration from Curtin University of Technology, Perth. She works for Amana Living, a large not-for-profit aged care

provider. Elizabeth has facilitated a number of creative expression programs for seniors with dementia including life albums, music groups and drama.

Elizabeth is the Convenor of the OT Aged Care Interest Group in WA. She has a personal interest in all things creative and is passionate about the role that creative expression can play in enriching the lives of our seniors with dementia. Elizabeth was elected to the Board in April 2008 and has been working on funding and grants opportunities.

**Acknowledgement and special thanks to Wendy Hudson:**



The Society extends its thanks to Wendy Hudson for her work as society secretary between 2006 and 2008, which has been greatly appreciated. Wendy continues to be an active member of our society. ■

**Society Newsletter Committee:**

Hilary Lee, Maree Maclachlan and Dr Angelica Orb.

**Special thanks also to Dr Dalia Gottlieb-Tanaka**

**Newsletter design:**  
Henni Cappelletti

If you have any articles/information you would like to contribute, please write back to us.

For more information on the society, please visit the website:

**[www.cecd-society.org](http://www.cecd-society.org)**

*Coming Event:*

*4th International Creative Expression, Communication and Dementia (CECD) and Creative Ageing Conference*

*Adelaide, South Australia 2009*

The conference will be hosted by The Society for the Arts in Dementia Care (Australia) Inc. & Aged Care and Community Services South Australia & Northern Territory. The venue for the conference will be held at the Adelaide Convention Centre, North Terrace where there will be an array of international and national speakers all touching on areas of creative arts in dementia care. This conference will be the first of its kind seen in Australasia providing a visual feast of art, drama, music, theatre and creative expression. Participants will have an experience to remember that will inspire, delight and make the arts an absolute must for all aged care facilities! ■

The call for papers will be announced soon – watch our website for more details: [www.cecd-society.org](http://www.cecd-society.org)

