

Communication

Communication is one of the
early

losses in a person's battle with
Dementia

Thoughts and Fears

While an individual may think the same thoughts

Or carry the same fears, the ability to transmit

those thoughts and feelings diminishes as the disease worsens

Artistic Ability

Out of the many precious
faculties

that dementia robs from a
person,

artistic ability does Not seem
to be
one of them

Creative Expression

As the elderly slip into old age,
creative expression could be
the key
that unlocks what mental
illness
keeps so painfully inaccessible

Art Therapy

Art therapy is helpful for dementia patients because it enables an individual who is having trouble communicating to bypass the language problems they may be having and communicate and express themselves in a different way

Spoken Word

People need to understand that the
spoken word

Is not the only way to communicate

When you think only about 35% of
what we express when we speak is
verbal,

the non-verbal is ignored.

Cognitive Issues

For People with cognitive issues,
the **non-verbal** is of the utmost
importance.

The Expressive Arts Therapies,
in general are something that we can
excel at and
indeed grow in.

The Difference

So what's the difference between
Expressive Therapies and
Traditional Art Expression

Unlike traditional Art Expression,
the process of creation is
emphasised rather than
the final product.

People Can Heal

Expressive therapy is predicated on the assumption that people can heal through use of imagination and the various forms of creative expression.

Art, Music and Dance

Seem to draw from many
different
regions of the Brain

Bisakha Sarker

In Dance

Her work challenges traditional
cultural boundaries;
her rich creativity and passion for
dance inspires
all my Peers and their Carers



All my Peers
loved the
experience
it was a privilege
working with her
She empowers
them and me in a
unique way.

Wellbeing

Activity is vital to a persons
wellbeing
and
gives purpose and
enjoyment to their day.

Encouraging someone with dementia

To do something creative, some gentle exercise,

or take part in an activity helps them to realise

their potential, which improves their self esteem

while reducing any feelings of loneliness.

Creative Therapy

Creative Therapy
is a different approach to
counselling and
psychotherapy

Normal Talking Therapies

Where “Normal talking therapies” may
sometimes

feel too challenging, working through
art and imagination can offer a new
dimension.

Normal Talking Therapies

We feel no pressure to find
the exact words to convey a feeling
and it is not necessary to talk in detail
about difficult or painful experiences –
its true a picture

Paints a 1000 words for you.

Creative Therapy

You can use images in

Art – Clay – Sound - Sand

or just the images inside your own head to help people understand your inner world and experience

Look

You don't need to be artistic –
we all have a creative side,
but none of us are ever
encouraged
to use this in our everyday
lives.

The Person is Still Within



My Peers and myself
are like candles
burning with a bright
flame we all started
tall but now we are
at different levels but
the flame still burns
bright within Creative
Art can Reach Us

Question & Answers

