

## **Title: “Art Therapy for those with Cognitive Decline”- Discovering Memories Together**

### **Introduction:**

Welcome to our art therapy program! We're excited to offer a creative and therapeutic experience designed to support those with Cognitive Decline and their care partners. This program aims to enhance well-being, strengthen connections, and provide a relaxing space for artistic expression. It's a special time where we come together to explore the world of art and memories.

### **What Is Art Therapy?**

Art Therapy is a way for individuals to express themselves through the creation of art. Artistic skill is not important nor the goal of the program. The purpose is to create memories and build connections with others.

### **What We Do:**

**Art Exploration:** ADRC provides all materials needed, such as paints, markers, and other mixed materials so individuals can express themselves.

**Sharing Stories:** We use beautiful pictures and themes to inspire memories and conversations. We share stories and encourage participants to share as well.

**Supportive Environment:** Our friendly staff and volunteers are present to support and encourage artistic expression.

### **The Benefits of Art Expression Therapy based on:**

**Fun and Enjoyable:** Engaging in art expression therapy can be a delightful and enjoyable experience for you as a caregiver. Beyond the practical aspects, it may lead to the discovery of a new passion or interest, adding a positive dimension to your caregiving journey.

**Self-Expression:** Art therapy provides a valuable opportunity for individuals living with the disease to express themselves when words may be challenging to recall. As a caregiver, witnessing this form of self-expression can deepen your understanding of their emotions and inner experiences.

**Stress Relief:** Caregiving can be demanding, and art therapy offers a constructive outlet for stress relief. Both you and the person you care for can benefit from the calming and therapeutic effects of artistic expression, contributing to a more relaxed and harmonious environment.

**Connection:** Participating in art expression therapy creates a wonderful opportunity for you to connect with others who comprehend the challenges you're facing. Sharing this experience with a supportive community can foster a sense of understanding, empathy, and shared strength among caregivers.

### **How It Works:**

As a caregiver, you are welcomed into a comfortable and friendly space, designed to provide you with a respite and a creative outlet. The session commences with a relaxing exercise crafted to help you envision beautiful places or cherished memories. You will have access to a variety of art supplies, allowing you to engage in the creative process and express yourself. The session concludes with a sharing segment, offering you the opportunity to discuss the artwork and the memories it may evoke. This experience is curated with your well-being in mind, providing a supportive environment for relaxation and personal expression. It's an opportunity to enjoy an activity together to build new memories and connections. The planning has been done so you can show up and enjoy the program with your loved one.

**For the person living with the disease -**

You can have fun, create art, and share your stories.

**Join Us:**

Come join us for an artful journey of memories, creativity, and connection. It's a safe and supportive space for you and your loved ones.

**Art Therapy Program Feedback Survey:**

Participant Information:

Name (optional): \_\_\_\_\_

Relationship to person living with the disease (for caregivers): \_\_\_\_\_

Session Date: \_\_\_\_\_

**Person Living with the Disease Feedback:**

1. How would you rate your overall experience with the art therapy sessions? (Scale: 1 - Very Dissatisfied to 5 - Very Satisfied)
  - 1
  - 2
  - 3
  - 4
  - 5
  
2. Did you find the art therapy sessions enjoyable and engaging? (Yes/No)
  - Yes
  - No
  
3. Did participating in the art therapy sessions help you express yourself or evoke memories? (Yes/No)
  - Yes
  - No
  
4. Were the art therapy sessions beneficial in reducing stress or anxiety for you? (Yes/No)
  - Yes
  - No
  
5. Were the staff and volunteers supportive and helpful during the sessions? (Yes/No)
  - Yes
  - No
  
6. Do you feel a sense of accomplishment or satisfaction after participating in the art therapy sessions? (Yes/No)
  - Yes
  - No
  
7. Is there anything specific you enjoyed or would like to see improved in the art therapy program?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

**For Care Partner:**

1. How would you rate your overall satisfaction with the art therapy program for your loved one?  
(Scale: 1 - Very Dissatisfied to 5 - Very Satisfied)
  - 1
  - 2
  - 3
  - 4
  - 5
2. Did you notice any positive changes in your loved one's emotional well-being or behavior as a result of participating in the art therapy sessions? (Yes/No)
  - Yes
  - No
3. Did you find the art therapy sessions to be a helpful respite for yourself as a caregiver? (Yes/No)
  - Yes
  - No
4. Were you satisfied with the communication and updates provided by the art therapy program organizers? (Yes/No)
  - Yes
  - No
5. How do you think the art therapy program could better support both the patients and caregivers?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

Additional Comments:

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Please use this space to provide any additional comments, suggestions, or feedback regarding the art therapy program:

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Thank you for taking the time to complete this survey. Your input is valuable and will help us improve.