



TUESDAY 9TH SEPTEMBER



SEIWA CUNNINGHAM

ARTIST, CARER & DEMENTIA ADVOCATE
CREATIVE HEALTH WORKSHOP FACILITATOR

★ EXPERT *by* EXPERIENCE
— AND —

REMINISCENCE & COGNITIVE STIMULATION
THERAPY PRACTITIONER

THE IDEAS ORIGINATED FROM
ROYAL HOSPITAL CHELSEA PROJECT



CHELSEA
PENSIONER

WE ARE
VETERANS
& PENSIONERS
LIVING WITH
DEMENTIA

ONLY

6 SESSIONS

A LACK OF FUNDING

WHY CAN'T THEY RUN FOR
AT LEAST 12 MONTHS

6 ACTIVITIES PLANNED



POLYMER CLAY
LEAVES & FLOWERS

WE RUN WITH WHAT THEY
— ENJOY! —

A PROJECT AT
ROYAL BOTANICAL GARDENS, KEW
DYEING MATERIALS



TAKE IT HOME

WEAR IT
NEXT SESSION

— GO WITH THE FLOW —

CO-CREATION JUST HAPPENS

IT DOESN'T NEED TO BE COMPLICATED



IT'S GOOD FOR AN
— ARTIST —
TO HAVE A BRIEF

ORGANISATIONS WANT IT

TO LINK TO THEM SOMEHOW

IT'S NOT #1 PRIORITY

HELP
SOCIALISE

HELP
LEAVE THE
HOUSE

NEED TO
RELAX, CHAT
& LAUGH!

PEOPLE WITH DEMENTIA

DON'T WANT A
HISTORY LESSON



IT'S TOO MUCH!

THERE'S ENOUGH TO REMEMBER

ATMOSPHERE FIRST, ACTIVITY SECOND

DEFINING
Creativity

AND THE ARTS

EXPRESSION

IMAGINATION

BEAUTY

POWER

IDEAS

ACTIVITIES:

- ✓ PAINTING
- ✓ SCULPTURE
- ✓ DANCE
- ✓ MUSIC
- ✓ POETRY
- ✓ LITERATURE
- ✓ FILM

— AN ARSENAL OF
CREATIVE WEAPONRY



CREATE
A
GOOD
DAY

LOOK BEYOND SYMPTOMS
— AND FOCUS ON —
WHAT MAKES A PERSON UNIQUE

CAN CREATIVE INTERVENTIONS
STOP US GETTING ILL?



DEMENTIA
AFFECTS
MEMORY



IT DOESN'T
ERASE
JOY



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FLOURISHING
LIVES



NIFTY FOX

WHY Creative Interventions MATTER

COGNITIVE & SENSORY

BENEFITS

BRAIN ACTIVITY
SENSORY STIMULATION
HAND EYE CO-ORDINATION
AND COMMUNICATION

CHALLENGE STEREOTYPES

ABOUT DEMENTIA

~~DEMENTIA = DECLINE~~

creativity
CELEBRATES WHAT
PEOPLE LIVING WITH DEMENTIA CAN DO!
ABILITIES NOT DEFICITS

ARTHUR'S STORY

ARTHUR ENJOYED THE DIABOLO

DON'T YOU MEAN ALBERT?

NO, I'M SURE ITS ARTHUR!

THE DOCTORS OBSERVED A 'MIRACLE'

AS ARTISTS, WE CAN PULL OUT WHAT TRADITIONAL MEDICINE CAN'T

I DON'T BELIEVE IT
I HAVE TO SEE FOR MYSELF!

NOW OFFER DEMENTIA FRIENDLY ACTIVITIES

THEATRES CINEMAS

DECREASES AGITATED BEHAVIOUR

RESEARCH SHOWS

MUSIC

SHARED EXPERIENCES

BUILD MEANINGFUL

CONNECTIONS

special moments ♡

DO IT FOR THOSE MOMENTS OF ENGAGEMENT

RELATIONSHIPS
— MATTER —

IT'S NOT JUST ABOUT ART...
IT'S ABOUT CONNECTION!

ENCOURAGES
SELF EXPRESSION
AND HELPS TO
PRESERVE IDENTITY



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CHALLENGES & BARRIERS

1 LANGUAGE & COMMUNICATION

IT CAN BE DEFLATING TO PLAN AND PEOPLE DON'T JOIN IN...

NOT ABOUT THE ACTIVITY

IT'S ABOUT UNSEEN BARRIERS

MUM LOST HER HEARING

HELLO I'M RED? UNERY? UNER

WE USED NOTEBOOKS AND FLASHCARDS

ALWAYS CHECK FOR VISUAL OR HEARING PROBLEMS

6 ADJUSTING TO CHANGE

MOVING INTO CARE CAN KNOCK CONFIDENCE

NEED TIME TO ADJUST

☒ START SMALL
☒ ONE-TO-ONE
☒ IN THEIR SPACE

7 PEER CONFLICTS

JUST LIKE ALL OF US...

THEY MIGHT SIMPLY BE UNCOMFORTABLE

SHARING A SPACE WITH

SOMEONE THEY DON'T LIKE!



2 LOSS OF CONFIDENCE

MUM USED TO KNIT, COOK, SEW

AFTER DIAGNOSIS SHE JUST WANTED TO DO COLOURING BOOKS!

EVERY DAY FOR 8 YEARS!



WE FOUND SOMETHING UNEXPECTED

JUST KEEP TRYING!

OPEN THE BOX AND TRY A FEW THINGS...

5 BEING UNSURE

IF PEOPLE DON'T KNOW WHY?? IT CAN SEEM POINTLESS

ASK OTHERS FOR SUPPORT...

OTHER TEAM MEMBERS OR PSYCHOTHERAPISTS



8 PAIN OR DEPRESSION

RAISE CONCERNS WITH CARERS

KEEP AN OPEN MIND

DON'T MAKE ASSUMPTIONS



3 FEAR OF EMBARRASSMENT

LOTS OF PEOPLE SAY...

I CAN'T DRAW A STRAIGHT LINE...

I SAY...

NEITHER CAN I... THAT'S WHY WE HAVE RULERS!



4 FEAR OF FALLING BEHIND

THERE IS

NO RUSH

SHORTEN THE TASK

SIMPLIFY THE TASK

9 APATHY OR LACK OF INTEREST

NOT EVERYONE IS SOCIAL

I'M NOT!

MY MUM WASN'T EITHER

SHE LOVED FOOTBALL, THE PAPERS, GOING TO CHURCH... NOT GROUP ACTIVITIES!

RESPECT PEOPLE'S PREFERENCE

CONNECT THROUGH

HISTORY FAITH PASSION

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FLOURISHING LIVES



NIFTY FOX