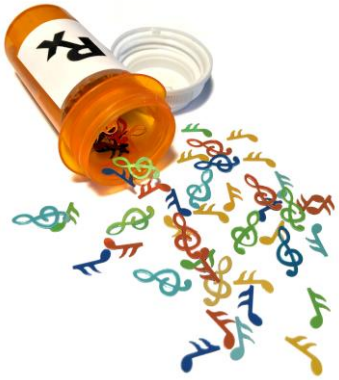
Tap Into Something Deeper:
Clinical Art Therapy & Personalized Music ...Together

The arts are not limited to a select group of privileged individuals. Illness has a very leveling effect and the very nature of the arts means that everyone—regardless of ethnic group, race, age, economic status, geographical region or diagnosis—can enjoy all that the arts can bring to care experiences.



Personalized music... is the only stimulus that activates every region of the brain. Our most personal life experiences are safely tucked away in the last part of the brain affected by dementia.

You can "dose" it—just like medicine!

Art Therapy preserves dignity, self-expression, facilitates opportunities for creativity and fosters a sense of personal autonomy and empowerment.

We all have a life story filled with thoughts and emotions. The arts have the unique ability to help us tell that story—even when words are limited.

Evidence-Based Research

Numerous research studies in expressive arts therapy for persons with Alzheimer's and related dementias validate the importance of creativity for the brain and support quality of life.

These findings are published in medical media such as: *The Journal of Alzheimer's Disease* (JAD), *American Society on Aging, Journal of Alzheimer's Disease & Parkinsons, American Journal of Alzheimer's Disease and Other Dementias, Brain & Life, Intensive Care & Critical Care Nursing, ScienceDaily, Gerontology & Geriatric Medicine*.

Research has confirmed that persons with dementia engaging in expressive arts vs. other activities had:

- increased self-esteem
- a heightened sense of awareness/ self-confidence
- increased socialization / interaction
- a sense of belonging / cohesion
- increased positive affect: i.e. smiling, laughing
- a reduction in delirium symptoms, hospitalizations
- decreased symptoms of isolation, depression and anxiety
- a reduction in the use of anti-psychotic, anti-anxiety, anti-depressant, pain medication and sleeping aids
- enhanced swallowing and nutrition intake
- enhanced communication and brightened mood
- greater participation in activities and therapies
- a reduction in caregiver stress and increased respite

Non-pharmacological, art-based interventions have begun to advocate and meet needs within health and elder care environments and in the home setting. The arts' unique ability to stimulate brain activity and creativity may be one of the best forms of medical practices.

Through the arts, we may begin to shift perspective away from the stigma associated with dementia and other diagnoses to see the person and not the disease.

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