

Envisioning the Future 2020 & BEYOND

Session Takeaways

B5 Tap into Something Deeper: Clinical Art Therapy & Personalized Music Together

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- People living with dementia can benefit from art therapy by sharing their stories with others and strengthening caregiver bonds.
- Art therapy provides deeper meaning and insight into the psyche than traditional arts and crafts.
- Art therapy is an activity that all care partners can do together. It can help a person living with dementia express his/her feelings and help care partners discover new or hidden talents in the person being cared for.
- Personalized music may compliment art therapy sessions by tapping deeper into the subconscious and supporting the memory process.
- Art therapy is more than just a past-time that offers a therapeutic approach. It can offer glimpses into how the person might be feeling and recognizes that people living with dementia are able to tap into their imagination.
- Everyone—regardless of ethnic group, race, age, economic status, geographical region or diagnosis—can enjoy all that the arts can bring to care experiences. The arts preserve dignity and facilitate opportunities for creativity and also fosters a sense of personal autonomy and empowerment.
- A personalized playlist is based on that person's life experiences, memories, emotions; yields the greatest impact; and should be created along with the person one-to-one.
- Personalized music can be used strategically to increase nutrition and weight management; decrease anxiety, depression, agitation, feelings of isolation and transition trauma; and enhance communication, mood, activity and participation in therapies.
- At home family caregivers use personalized music for their loved ones. This personalized music has a positive impact in any environment that provides care and most likely everyone's personalized music will be with him/her throughout his/her lifetime.
- Making a personal playlist of meaningful songs helps to bring back long-term memories.