



AN ARTS ON PRESCRIPTION MODEL

to promote Healthy and Active Ageing

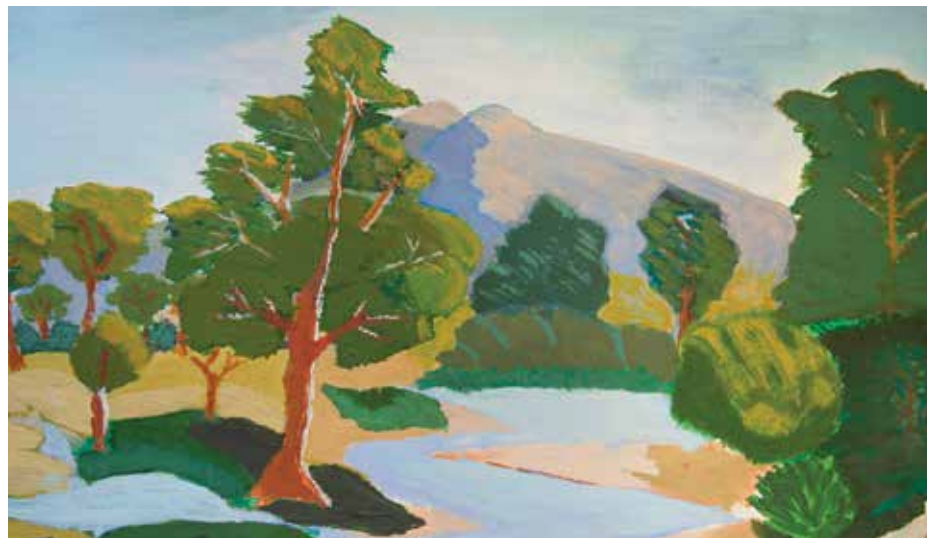


“The creative arts have always held a lot of power. From poetry to dance, music, drama and the visual arts – these art forms have the potential to lift your heart, bringing joy, meaning and cultivating connection.”

Michelle Heldon, Project Manager

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FOREWORD

It is with great pleasure that I introduce this sector guide to you. This guide provides an insight into our use of the *Arts on Prescription* model to promote healthy and active ageing. The program was led by HammondCare, in association with the University of New South Wales (UNSW), with advice from our experienced colleagues in the UK, and supported by an Australian Government Healthy Ageing Grant.

Arts on Prescription builds on research showing that active participation in the arts (in its many rich forms) can have a positive impact on people's health and wellbeing. The idea behind the arts 'prescription' is to emphasise to participants that their health care professional sees the value of involvement in the arts, alongside their traditional health care, in helping them achieve greater wellbeing.

The recipe is simple – we take a small group of participants, put them together with a professional artist, add some materials, and the outcome is...

Explore this guide to find out!

Professor Christopher Poulos,
Project Lead



The creative arts have always held a lot of power. From poetry to dance, music, drama and the visual arts – these art forms have the potential to lift your heart, bringing joy, meaning and cultivating connection.

While I was completing a Bachelor of Fine Art at the National Art School in 2007, I also worked part time as a community care worker for HammondCare. It was here that I started to see how the power of art could enrich the lives of older people, improving their health and wellbeing.

As a visual artist it was a privilege to bring the joy and healing that I felt through creating my own paintings, to other people. I started to see people gain confidence and learn new skills, form friendships and find purpose through participating in creating art.

It is an honour to see the creative spirits of the people who attend the *Arts on Prescription* program. Their stories are inspirational and I see them surprise themselves and those around them with what they learn, explore and express through art. No one is too old to learn a new instrument, become a photographer, perform in front of a crowd or paint a beautiful work of art. I see this program as a wonderful way in which arts and health can work together.

Michelle Heldon,
Project Manager

“This program has brought me back to life again. It has helped me get over my grief and loneliness. Socially, it was marvellous. It has released me to be me.”

Dorothy, Participant



WHAT IS ARTS ON PRESCRIPTION?

Wellbeing and the arts

The World Health Organisation (WHO) defines wellbeing as “a dynamic state of physical, mental and social wellness; a way of life which equips the individual to realize the full potential of his/her capabilities and to overcome and compensate for weakness.”¹ Within this framework, creativity and the Arts can play an important role in facilitating self-expression and enjoyment for older people.

As we think about how to holistically support older people's quality of life, research shows that engaging with the arts improves the wellbeing of older people in the areas highlighted above by the WHO.² Benefits include:

- assisting older people to overcome social isolation by providing opportunities for friendship and support;
- improving mental wellbeing, confidence and self-esteem;
- helping people through periods of loss and bereavement;
- improvements in measures of physical health, such as functional ability, joint mobility and cardiovascular fitness, allowing older people to undertake increased levels of general daily activity;
- skill development in the creative arts;
- enjoyment and pleasure.

How it all started at HammondCare

In 2014 HammondCare identified a need for a program that would provide older people living in the community with additional ways to meet their health and wellness needs. We applied for, and were successfully granted, Australian Government funding which we used to trial a participatory arts program called *Arts on Prescription*. The model was based on a growing body of evidence in the UK indicating that significant positive health and wellbeing outcomes were possible through the use of participatory arts. Like UK-based programs, HammondCare's *Arts on Prescription* model is not a replacement for conventional health care, but works alongside conventional health care to help people achieve improved health and wellbeing, and gives them the chance to connect with others in their communities by providing a creative outlet.

HammondCare's model is based on a 10-week program with two-hour sessions held weekly. Older people are referred to an *Arts on Prescription* program by a healthcare practitioner, placed in a group with six to eight other participants, and guided by a professional artist throughout the program.

What we found

Engaging with the arts as a creator can empower people in a way that complements rehabilitation and wellness goals.³ Through *Arts on Prescription*, it was clear that the act of creating something tangible had a transformative effect on people. Whether through visual art, music, artistic movement, photography – all art forms provided people with tools to express emotion, experience or thought in a way that they may not have had access to before. The artists who facilitated *Arts on Prescription* helped to give people these tools, partnering with them to bring the positive changes that they wanted to see in their own lives.

And they had a marvellous time along the way!

“The *Arts on Prescription* program and artists gave me power to try new things and the drive to keep going.”

Ahmed

**Visual Artist, 83 years young,
Programs participated in:
Painting & Photography**

“I came to Australia when I was 25 years old. I worked as a house painter and also spray painted cars. I was lonely at first but then settled in. In 1999 I had a stroke.”

“The Arts on Prescription program and artists gave me power to try new things and the drive to keep going. I am now more confident and it makes me feel happy. It also helps me with my language to meet new people and be with a group. I like to look at my artworks and I want to help more people to feel how I do when I do art.”

Ahmed's artworks are inspired by his home in Australia and his memories of Lebanon with photographs as the starting point for his paintings and imagination filling in the rest.



¹ http://www.who.int/kobe_centre/ageing/ahp_vol5_glossary.pdf?ua=1

² An Evidence Review of the Impact of Participatory Arts on Older People, commissioned by the Baring Foundation, 2011.

³ Bungay, Hilary & Clift, Stephen. “Arts on Prescription: A review of practice in the UK.” Perspectives in Public Health 2010.

THE HAMMONDCARE MODEL – ARTS ON PRESCRIPTION PROJECT

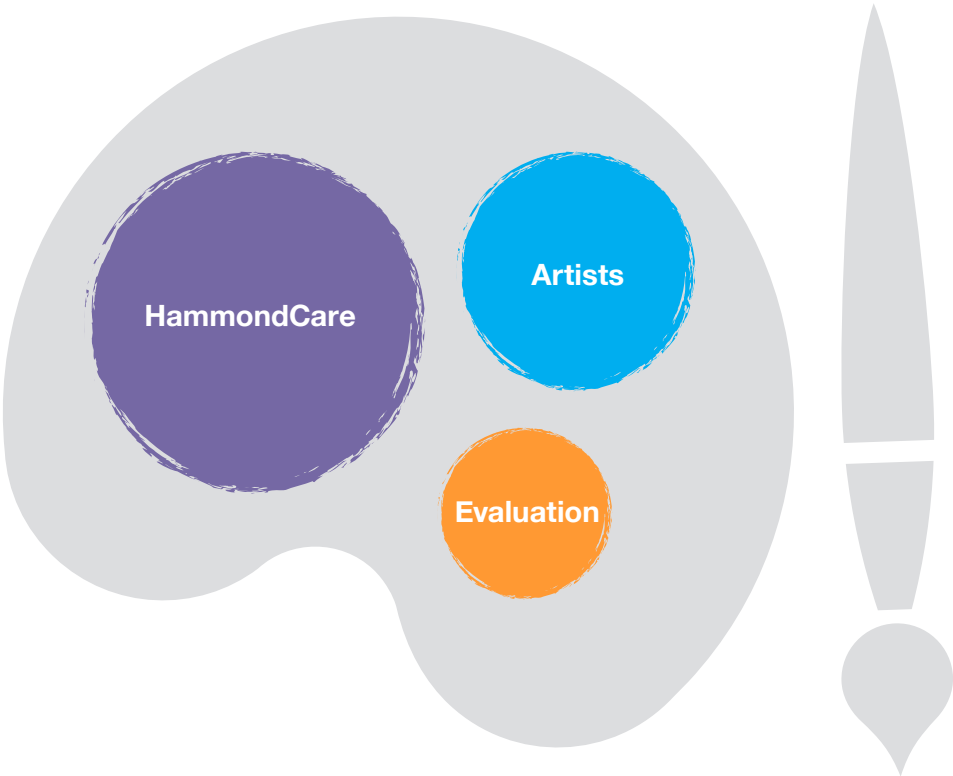
Project Overview



HammondCare’s *Arts on Prescription* model was developed specifically for older people, based on successful programs running in the UK. It ran at two sites: Hammondville, in Sydney’s south-west, and Wahroonga, in Sydney’s north. Based on referrals from GPs or other healthcare practitioners, community members 65 years and older were eligible for a prescription for short term arts programs delivered by professional artists, with the aim of promoting their health and wellbeing. The overarching goals were to improve participants’ wellbeing through active participation in an art program, and to deliver the project in a manner that was relevant and potentially sustainable in the Australian context.

Project oversight

The project was developed through a consortium which brought together partners with different areas of expertise, to enhance program design, delivery and evaluation. It was led by HammondCare which contributed its expertise in high quality aged care services and supporting older people to improve their quality of life. The School of Public Health and Community Medicine (University of New South Wales) provided its expertise in design and evaluation of healthcare interventions, and UNSW Art & Design provided technical expertise and industry experience. Combining the strengths of these three groups was one of the key factors that contributed to the success of the program. Consider working in partnership if your organisation does not have the full range of skills necessary to design, deliver and evaluate your program.



“This is our second class,” she says, turning to her husband. “It’s fun, isn’t it Joe?” “I’m consumed,” he says laughing. “What appealed was the idea of getting out and doing something we’re not used to,”

Robyn and Joe, Participants

Robyn and Jo

Robyn and Joe at their second ever *Arts on Prescription* class

Robyn and Joe attended two *Arts on Prescription* programs. Joe lives with a diagnosis of dementia, and he and Robyn read about *Arts on Prescription* in a brochure while waiting at their doctor’s surgery one day.

“This is our second class,” she says, turning to her husband. “It’s fun, isn’t it Joe?” “I’m consumed,” he says laughing. “What appealed was the idea of getting out and doing something we’re not used to,” says Robyn.

“We had been to a pottery session a while ago for people

with dementia and we were shown how to make a bowl in a particular way. Joe ignored all that and made a bowl his way and it was a beautiful bowl. So when I saw we had a chance to do clay work again, I thought, Joe has a natural ability, so let’s do it.” Robyn knows exactly what she wants to make: a clay pumpkin that she can use each year for Halloween. But Joe is happy seeing where his hands take him, and it looks like he might end up with something resembling an ancient Greek temple. His imagination is running wild.

At only their second class, both Robyn and Joe are engrossed in the activity of sanding, smoothing and building. They sit side-by-side chatting away with other participants, being productive while enjoying the social side of the class.





“When the doctor first mentioned it to me I had a lot of doubts... [but] it’s great, but it’s not what I really expected in the first place but I’m happy with what it is... It’s the best thing that’s ever happened to me.”

Tony, Participant

PROJECT PHASES

PHASE 1: Initial Setup (Jan – Aug 2015)

This phase encompassed the initial set up of the project.

- Artist recruitment, orientation and training
- Development of policies and procedures
- Participant selection and referral guidelines
- Development of the project evaluation plan
- Obtaining ethics approval for the evaluation.

PHASE 2: Programs Ran (Aug 2015 – April 2017):

Delivery of the Arts on Prescription Programs. A total of 60 Arts on Prescription programs were run, each of 10 weeks duration, one session per week, of around two hours duration.

PHASE 3 Festival & Evaluation (April 2017 – June 2017):

- Festival of Ageing
- Project evaluation
- Report generation
- Dissemination of findings
- UNSW School of Public Health and Community Medicine exhibition of completed art works by participants
- One day practical workshop to focus on the development of sustainable strategies to promote the role of participatory arts in healthy and active ageing.



REFERRAL PROCESS

To access a program, participants needed a formal referral from a healthcare practitioner (general practitioner, allied health professional, nurse, pharmacist, social worker). To be eligible they had to be experiencing at least one of the following:

- Declining physical ability
- Chronic pain
- Illness affecting their wellness
- Mild to moderate cognitive impairment
- Carers experiencing difficulties
- Anxiety
- Depression
- Social isolation
- Frailty
- Recent bereavement.

The referral forms were important for three reasons:

1. They were used as a screening tool to identify people whose health and wellness needs could be met through the program.
2. They established the legitimacy of the project for participants by linking it with health practitioners they trusted.
3. They further strengthened the connection between the health and arts sectors and were a way of encouraging health practitioners to consider non-traditional approaches.

Sample referral forms have been provided in the Appendix to give you a sense of how you could create a referral form for your program.

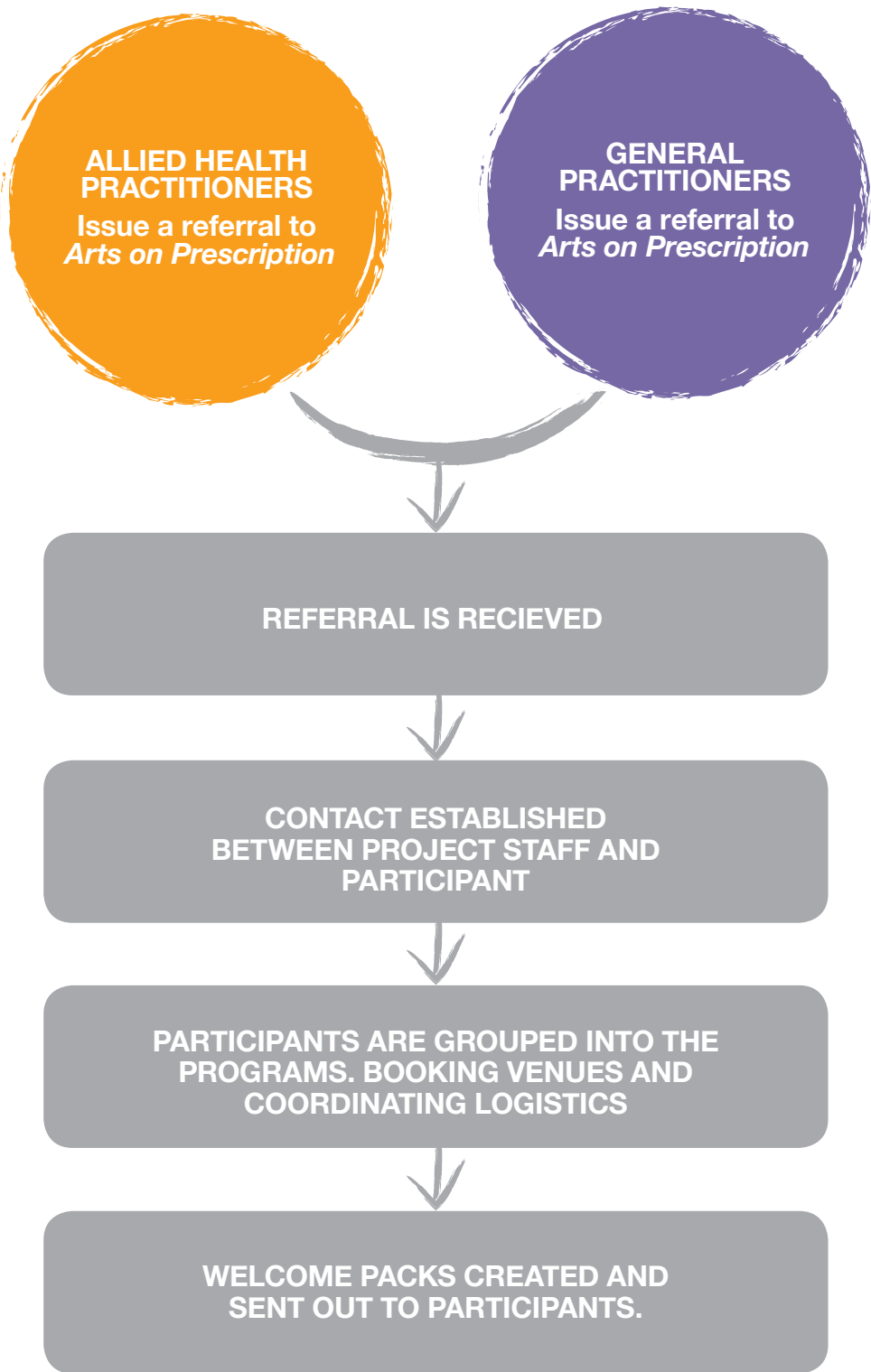


HammondCare Handy Hint

We found that many of the referrals forms were initiated by the participants themselves. Although local health practitioners were informed about the project, advertising the program at local community centres and through word of mouth produced better results. Participants often took the referral forms to their General Practitioners for completion and then posted them to the Project Team.



REFERRAL PROCESS CONTINUED



PROJECT FRAMEWORK

The success of HammondCare’s *Arts on Prescription* model lies in the premise that each program should be adapted to each group of participants to engage with and meet their individual interests and wellness needs.

The programs can be practical and task-driven or they can focus on concept-based art that engages with ideas and meaning. They can be artist-led and directive, or they can be participant-driven. You may find that participants initially feel more comfortable with practical, task-driven and directive classes. However, over time, with the right encouragement, participants should become more confident in their artistic abilities and their capacity to self-express. By the end of the 10 week sessions, most programs should have become more conceptual and participant-driven. Participants should be more confident to autonomously produce and speak about their artworks – why they chose

the subject matter, why they chose the medium, and what meaning and ideas it represents. In short, they begin to think and express themselves as artists.

To achieve these outcomes, each program is based around three aims; to enable participants to feel that:

1. “I made friends”
2. “I learned practical skills”
3. “As an artist I expressed my skills and own ideas and developed a personal connection in my chosen medium.”

To help the artists support the participants to achieve these goals, the artists work within a general framework when planning and delivering each session. This framework provides structure to deliver a coherent program while allowing flexibility to adapt to each different group of participants.

“As an artist my role is to encourage each participant’s inner creative self to shine through.”

Janette, Artist

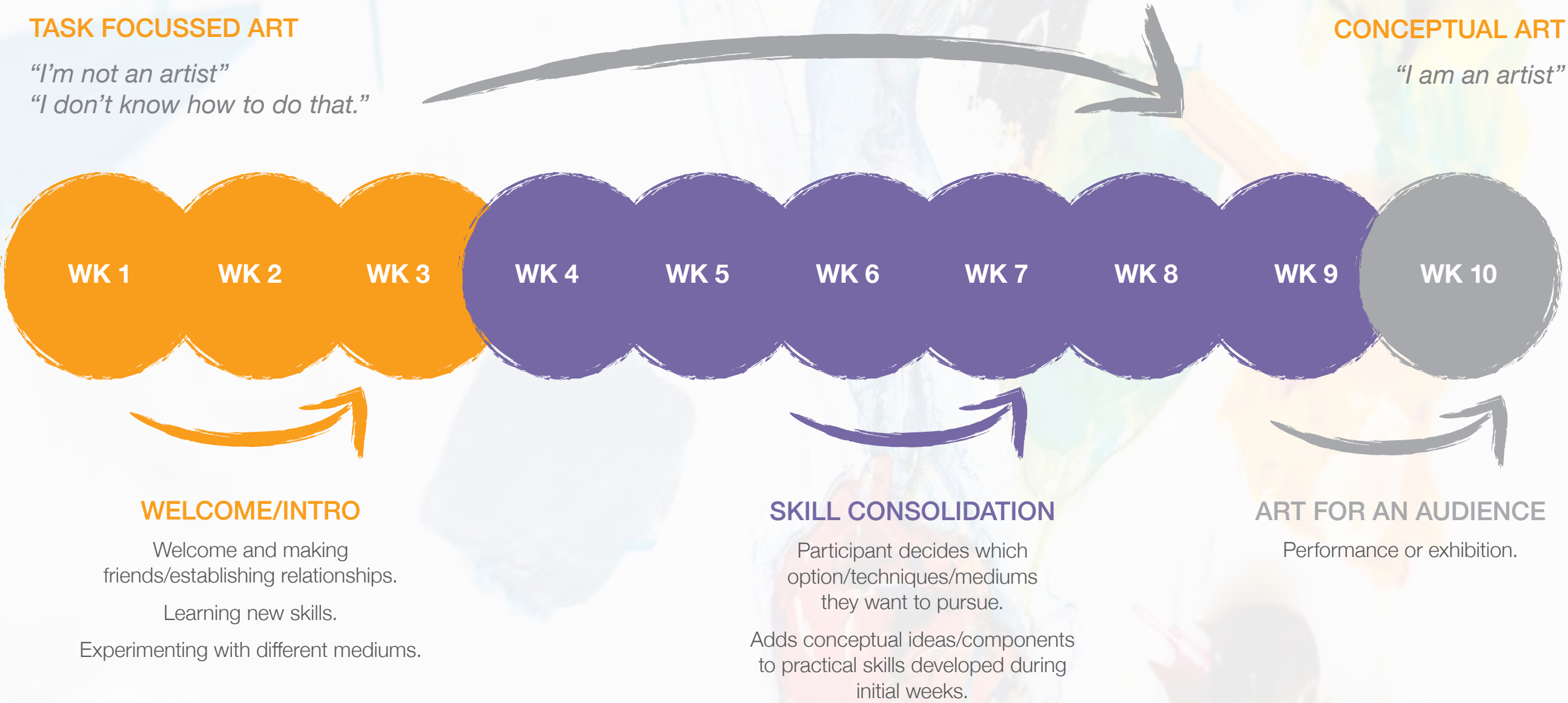




"I get a lot of "I'm not creative" from participants. They think "I'm here because my doctor sent me" or "because my neighbour's here" or "just for the social aspect". This happens a lot and then they're honestly shocked when they create something that they're proud of. They surprise themselves because before this program they wouldn't have given anything like that a go."

Annette, Artist

The diagram shows the general program framework, which can be adapted by the artists.



THE NITTY-GRITTY

The *Arts on Prescription* programs covered a range of different art mediums, including:

- Visual arts
- Artistic Movement
- Music
- Singing
- Drama and Poetry Performance
- Artistic Photography
- Printmaking
- Clay work



Each 10-week program, regardless of which art medium was used, contained these elements:



6-8 Participants

The small group environments allow one-on-one interaction encouraging participants to form new friendships. HammondCare found that many friendships have lasted beyond the completion of the program.



1 Artist

Professional artists facilitate the groups, creating a space in which participants can feel comfortable to try something new, learn skills and express themselves.



30 min set-up and 30 min pack-down time

You should factor in time before and after each session to set up the space, particularly if you are using a hired venue.



1 x 2-hour class each week

Over the 10 weeks, participants spend 20 hours in the program, which allows enough time for genuine learning and skill development.



10 classes over 10 weeks

This provides enough time to understand and evaluate the program and plan for ongoing program development.



1 x volunteer

Volunteers assist the artists by encouraging and connecting with participants, as well as making tea and coffee!



A close-up, side-profile view of an elderly woman with short, curly, light-colored hair, wearing a pink and white checkered shirt. She is seated at a wooden table, focused on painting a landscape on a canvas mounted on an easel. The painting depicts a bright blue sky, a large red hill or mountain, and a small green figure standing on the peak. The woman's right hand, holding a red paintbrush, is visible as she works on the red area. On the table in front of her are two white paint palettes with various colors of paint, a glass of purple liquid, and some other art supplies. The background is slightly blurred, showing a blue carpeted floor.

“I started painting after I retired from work, having never drawn or painted at all before. I like colour and experimenting to find a picture and build it up. *Arts on Prescription* has reconnected me... It means a lot to me to be doing art and is the highlight of my week.”

Clarice, Participant

ART PROGRAMS YOU MIGHT INCLUDE IN YOUR ARTS ON PRESCRIPTION PROJECT



Visual Arts (oil painting, acrylic painting, watercolour, mixed media, general visual arts):

Visual arts programs focus on engaging participants with one or two mediums per program, including watercolour, acrylic and oil paints, charcoal and pencil. Artists should encourage participants to explore different mediums and compositional styles, to create works that resonate with them. Artists facilitate the group and teach participants how to develop and refine their painting and drawing techniques.



HammondCare Handy Hint

Background music was sometimes used by the artists to create a relaxing atmosphere in the sessions. Artists discovered what types of music participants enjoyed, and played it throughout the program. It provided an element of familiarity for people who were nervous or shy, as well as providing a source of inspiration for participants who used it as an influence for their art works.



Artistic Movement:

This program encourages older people to use body movement as a form of artistic self-expression. The Artist is able to use a combination of Pilates, ballet, yoga and/or contemporary dance to engage participants and choreograph routines that bring enjoyment and satisfaction, while helping them to tell a story. As participants progress through the program, their confidence, balance and fitness levels are often built through dance and movement. All choreography should be light intensity and tailored to individual participant's capabilities.

“I am trying not to let the zest for life disappear”

Goldie, participant

Clay work:

Like printmaking, clay work provides participants with the chance to experiment with an artistic medium that is a bit different. The clay work program uses air-dry clay so that access to a kiln is not required. Participants learn basic clay work skills and then decide on the piece they want to make. Jewellery, sculptures, mugs and ceramics are often popular, and participants enjoy painting and glazing their pieces for a finishing touch.



Drama and Poetry performance:

Participants who enrol in the drama program spend 10 weeks stepping outside of their comfort zones, and learning about different styles of dramatic performance. The artist provides opportunities for individual exploration and group work to reinterpret familiar and new performance forms, including improvisational games to encourage spontaneity and imagination.



“Working on *Arts on Prescription* is a real privilege for me personally. Making music together in this context brings such joy and a building of community, and I love seeing that, but I also love seeing and hearing about the health benefits that a music program like this can bring to people.”

Pete, Artist

Music:

The Music program is a group-based program that engages participants of all musical abilities and backgrounds. The Artist should introduce the participants to a variety of musical instruments and prioritise creating a ‘safe space’ in which to experiment and learn new skills. Participants select the music and share why the chosen pieces are important to them. The Music program assists participants to meet their individual goals, whether that is to learn how to play a new instrument or to improve existing skills. It also works towards a public performance at the end of the 10 week program.



“Sharing in the surprise and delight as people develop new ways of looking at and photographing their world is a joy for me as an Artist. I love being witness to the stories that infuse the photographs that people share within the group.”

Rachel, Artist

Artistic Photography:

This program teaches participants that photography can be more than a way of documenting life moments; it is also an artistic medium. Participants are taught how to use an SLR camera to see the world in a whole new way – intentionally looking for pattern, composition and framing the world around them. Participants are led to explore ideas around identity and selfhood. They learn about conceptual art and how to look for and include meaning through photography.

**Singing:**

The Singing program provides participants with the opportunity to select, learn and perform songs. In addition to growing their technical singing abilities, relational connections are often formed between participants as they explore the art of storytelling and personal expression through music and singing.

Printmaking:

The printmaking course is very practical, and suits participants who feel more comfortable with task-based art. Artists lead participants through the technical elements of a variety of printmaking techniques, including block printing, lino printing and etching. Printmaking generally requires specialty tools, and this program gives people the opportunity to try something they might not normally have access to.



GROUPING THE PARTICIPANTS

For many participants, simply coming to *Arts on Prescription* will be a large step outside their comfort zone. Making sure that you intentionally group participants will help them feel more comfortable.

After the groups have been formed, it is important to ensure the artists are thoroughly briefed so they will have an understanding of the health and wellness needs, past art experiences and abilities and backgrounds of the participants in the group they will be facilitating. This provides the artist with a head start in determining which activities will be appropriate. For example, if a group has been created for participants with cognitive decline, the artist might prepare line drawings and encourage participants to add colour, rather than asking them to paint from memory.

It is important that the first few weeks of any program focus on exploring different mediums and techniques. Many of these will be

completely new to the participants, and the experimentation enables the participants to discover the medium with which they feel comfortable – the one that makes their heart sing!

Equally important in the first few weeks is ensuring that comfortable social relationships are established. The majority of the programs involve elements of personal sharing and storytelling, so it is crucial to ensure that participants trust each other. Artists and the volunteers play a significant role in encouraging and facilitating group conversation, particularly initially. Listening and getting to know participants is one of the best ways to foster an environment of trust. People who know themselves to be valued will feel comfortable to share and express themselves. Think about what would make you feel comfortable!



HammondCare Handy Hint

The most successful programs occurred when participants had been consciously grouped. The Project Staff took into account participants' skill levels and personalities, as well as the information provided on the referral sheet, when creating the groups. For example, a visual art program that grouped shy beginners with people who had more confidence provided opportunities for 'buddy' relationships to develop. It gave the more confident participants a sense of agency as they helped others, and it encouraged shyer participants as they saw their peers having a go. Deliberate grouping of programs took time, but greatly improved group dynamics.



TEAM MEMBERS

Project Staff

One of the most important elements to project success is the staff who are involved; a successful project is supported by a wide range of staff, not only artists. You will need to consider how you want to structure the program to best suit the interests and needs of your participants, as well as how to best use your organisation's existing resources. The picture below presents a snapshot of the key attributes and skills that will be required by the Project Staff who run *Arts on Prescription*. This is not an exhaustive or prescriptive list, but it will give you an indication of the type of skill mix that contributes to a well-run project.

Artists

HammondCare employed professional, practicing artists to run the art programs. Formal qualifications in relevant art fields or sufficient experience and skill as a practicing artist in media relevant to the project were required. All artists need to be passionate about working with older people. Employing professional artists is one of the most significant differentiators between *Arts on Prescription* and other programs. Professional artists must be comfortable facilitating groups and comfortable in their artistic practice so they can use their own work and experience to teach participants in a responsive and creative way. Having professional artists run the programs also strengthens the Project's legitimacy as a complementary intervention to their health care.

Arts on Prescription does not seek to provide art therapy for participants. Its focus is participatory art conducted in a group-based setting. Art in this setting naturally facilitates the reduction of social isolation and improved wellbeing. Artists who participate in this model should be clear on these differences.

When recruiting artists, look for qualities such as good interpersonal skills, empathy, and an interest and understanding of the role of the arts in health and aged care. These attributes are crucial to the overall success of the program.

"Older people are a vital part of the community and I enjoy fostering their self-discovery and artistic renewal. I have repeatedly observed the positive changes in participants who began the Arts on Prescription program, becoming energised by art to rediscover their vigour."

My Le, Artist



“I found it very wholesome running the sessions and I thought that for me it’s been an absolute delight to work with people over sixty because they bring so much to the table... I find when these ladies come through the door that they bring so much life.”

Corrine, Artist



GETTING THE RIGHT VENUE

When selecting venues to facilitate *Arts on Prescription* consider the needs of the participants. The spaces that are selected should be appropriate for older people to comfortably use. Many participants will have mobility issues, so venues should include disabled access.

All venues will need to be able to accommodate the equipment required by the different programs. Visual arts programs will require space for participants to comfortably create art – whether that is sitting at a table or standing at an easel, while music programs need to be able to accommodate keyboards, music stands and other instruments. Photography classes require access to computers/laptops – and of course, cameras. All classes included morning or afternoon tea, so access to a kitchen or kitchenette is necessary.

It is also important to consider other background factors that will help support older people to be comfortable in the physical environment and to feel safe and secure. Are the bathrooms easily visible from the main room? If not, are there clear signs pointing the way? Is there adequate lighting, as many older people will have some degree of visual impairment?

Another factor to consider is temperature. Is the potential venue cold and draughty? Will the participants feel uncomfortable in this space? Is temperature control possible to ensure comfort throughout cold and warm weather?



TRANSPORT



When considering which venue to use, consideration should be given to transport options. How will participants get to the venue? Is it within close proximity to public transport routes; train stations, and/or buses? Or will participants need to drive to get to the venue? Please consider your target audience when you think about transport. What is an optimal walking distance if the venue is along public transit routes? What is too far? How will you ensure that a transport issue does not create a barrier that prevents participants from coming to *Arts on Prescription*?

You may be able to draw on volunteers to provide a “pick-up” service for participants who are not able to drive. You may also be able to ask family members, friends, other participants, staff, and other resources such as community transport to provide transport for participants.



HammondCare Handy Hint

HammondCare's experience running Arts on Prescription demonstrated that transport is another key factor to project success, with a number of participants identifying that transport was an issue and potential barrier for their participation in the program.

SUPPLIES

Arts on Prescription requires a variety of supplies to operate. Although there will be a large initial outlay, the majority of the items will be reusable, e.g. paint brushes, easels, cameras. It is important that the materials are of a high, professional quality. This investment shows respect for the participants and increases the likelihood of the production of good quality artwork. It is also important to allow the artists to have ownership of the purchase decisions for the materials to which they will have access – they are the experts and are best qualified to know what will be required.

Below are indicative sample lists of supplies for select 10-week program:

Visual Arts

- Paintbrushes, varying sizes
- Canvases
- Easels
- Acrylic paint, primary colours, black and white
- Oil paints
- Watercolour paints/pencils
- Pastels
- Charcoal
- Graphite and coloured pencils
- Watercolour paper
- Water pots and paint trays
- Paper
- Erasers
- Pencil sharpeners
- Sketchbooks

Drama and Poetry Performance

- Speaker system or portable sound system
- Chairs
- Props e.g. scarves, hats, bunches of artificial flowers, lengths of material, etc.
- Playlist of appropriate music (provided by artist)

Artistic Photography

- 6 x entry level DSLR cameras, or equivalent, with straps and cases
- 6 x Lens – 18-55 mm focal length is ideal
- 6 x 8GB memory card
- Laptops or computers with photo-editing software
- Camera-to-computer cables



Be creative when thinking about how to resource *Arts on Prescription*. Art suppliers may be able to offer your organisation a charity/not-for-profit discount, or may be open to donating materials in exchange for brand promotion. Alternatively, smaller suppliers may be willing to sell you materials at wholesale rates if purchased in bulk. A component of *Arts on Prescription* was to teach participants the importance of limiting waste and how to be creative with the materials that they used; for example, recycling and using found objects. Having conversations with the artists to find out if they have any industry connections who could assist is worthwhile. It's worth a conversation!

ADVERTISING YOUR PROJECT

Arts on Prescription is a project that tends to attract interest from a range of places. The positive combination of arts and health makes it an attractive 'sell' for a number of different media outlets. Throughout your *Arts on Prescription* project, consider leveraging different forms of media to promote the program to attract public attention and future participants.

The following are examples of places that *Arts on Prescription* projects can be advertised:

- General Practice Surgeries
- Local Community Centres
- Local Bowling Clubs
- Libraries
- Local Newspapers
- Allied Health Practices
- Aged Care Assessment Teams
- Local Home Care Package Providers
- Social Media

Ensuring that fully informed consent to publish or make public anything relating to the participants must be obtained. This includes quoting participants, even if personal details are redacted, publishing images of artworks or photos of the participants. Obtaining consent and acknowledging their right to copyright is another way of telling participants that the work they're producing is legitimate and valuable. It is important to be upfront and clear when consent is sought, making sure that all participants, including their carers, understand what they are signing.



HammondCare Handy Hint

HammondCare found that Social Media became an important resource for participants who used platforms like Facebook and Instagram to connect with their families and friends and share their Arts on Prescription experiences. It was also an effective way for the staff to keep participants up-to-date with schedule changes, upcoming events, or additional resources.

HammondCare's
FESTIVAL OF AGEING
Presented by the Centre for Positive Ageing
8-10 MARCH 2017

Come along to a free community event celebrating the positives of healthy and active ageing
at HammondGrove Village Centre
11-23 Judd Ave, Hammondville 2170

Featuring:

- Free exercise and art workshops
- Stalls and giveaways
- Music and drama performances
- Art exhibition
- Engaging talks and presentations

For more information please visit
hammond.com.au/festival-of-ageing or contact us on
(02) 8799 3900 or aop@hammond.com.au

 **HammondCare**
An independent Christian charity

USE OF VOLUNTEERS IN YOUR PROJECT

Volunteers can bring benefits to your program. If you engage volunteers who are interested in older people, who are passionate about art and building community and supporting individuals within the context of a participatory arts program, they will be an asset to the program. Think about the ways that they can assist the artists and Project Staff. This may be setting up the space prior to each program, enabling and facilitating during the program by supporting participants who need additional assistance or reassurance; setting up morning and afternoon tea during the programs; or packing up the space at the end of each program.

Although volunteers are a great resource to draw on, the *Arts on Prescription* model is successful because it uses professional artists to prepare and facilitate the programs. Volunteers should perform supporting roles that free up the artists to concentrate on their area of expertise: facilitating and teaching art to the participants. Professional artists may also choose to volunteer their services as an artist.



HammondCare Handy Hint

Over the lifespan of the project, HammondCare found that more and more participants decided that they would like to be volunteers after they had finished their own program.

Although the presence of the volunteers gave participants more one-on-one contact and freed the artists to teach, the impact on the volunteers themselves was also significant. Having the opportunity to volunteer offered

people additional chances to increase their own social engagement. Being a volunteer positively impacts people's wellness just as much as being a participant.

Effectively, the use of volunteers for the Arts on Prescription project is an 'intervention within an intervention'.

Jan

Volunteer

Over the past 18 months I have had the privilege of being involved in the program of *Arts on Prescription* and discovered again the enjoyment I had in doing art at high school, but in a much broader way, with oils, acrylics and watercolour ... When Michelle asked me if I would become a volunteer and help her in running a class I was happy to accept. I have done two programmes now and have enjoyed it so much, watching people like myself discovering they could put paint to paper and enjoy being in a group where they shared their lives.

The last group has been especially precious because most of them were very shy and stepping way out of their comfort zone and not sure they should be there. It has been great to hear them share their life stories and grow very fond of each other and growing in their ability to express themselves with paint. They have been asking if they could do another course because they have looked forward to coming each week, also making plans to meet for coffee.



The total programme is doing good things in the lives of the ageing as so many are lonely and need the stimulation of being with other people like them. Being a volunteer has been an enriching time for me and I am very thankful.

SHOWCASING YOUR PROJECT

"I am 71 years old and have always wanted to be an entertainer but have always been too shy. This program has allowed me to come out of my shell. I now will get up in front of people and sing. It has given me a confidence boost that is amazing... My confidence has risen and this reflects in everything I do."

Tony, Participant

Participant achievements should be celebrated. From initial prescription, throughout the programs to our 'Festival of Ageing', *Arts on Prescription* regards participants as artists in their own right. Public recognition of participants' determination, persistence, creativity and successes shows that they are valued and gives them the opportunity to publically stake their claim as artists.

How you celebrate participants' successes is up to you. Below is a case study of the way that HammondCare decided to showcase *Arts on Prescription* participants, but as with everything in this guide, this is not prescriptive! There may be a different format or event that will be better tailored for the programs you run. Use your imagination and creativity – and ask the participants in your programs for their ideas... you may be surprised with what they suggest.

FESTIVAL OF AGEING – SHOWCASE EXAMPLE

To coincide with NSW Seniors Week, HammondCare held a three day 'Festival of Ageing' to celebrate positive ageing, showcasing programs and activities available for people in the community. The Festival included free exercise classes, art workshops, stalls, giveaways, talks and presentations. However, the central feature of the Festival was the Artful exhibition of visual arts, artistic photography, clay work, prints and music performances by *Arts on Prescription* program participants.

Creating the space for public acknowledgment and for participants to claim ownership of the art they had produced through their programs is an integral element of the Arts on Prescription program. The Festival was deliberately scheduled from the initial planning stages, to ensure that the participants in our Arts on Prescription project were formally and publically acknowledged for their creativity, passion and achievements. It provided a concrete opportunity for participants to see the value placed on their creativity and effort and it was an opportunity for community members to interact with staff, participants and the art; raising awareness and interest in future programs.

The most rewarding outcome of the Festival of Ageing was the palpable sense of ownership, pride and confidence that the participants displayed. The exhibition was filled with people explaining their artworks to others, pointing out their sculptures with pride to family members, and performing to friends and interested strangers. The Festival of Ageing was a culminating event that allowed participants to define themselves as "artists" as opposed to "older people doing art".





EVALUATING YOUR PROJECT

Project evaluation is a critical step to delivering a successful program... and for making improvements to subsequent programs!

Informal Evaluation

Regular informal evaluation throughout the 10 weeks is a valuable tool to ensure that the content and delivery style is helpful for participants.

Formal Evaluation

HammondCare and the UNSW have collaborated on the design and formal evaluation of *Arts on Prescription*. The details and findings of the evaluation will be available on the HammondCare website.

May

*Participant, storyteller,
98 years young
Programs participated in:
Painting & Music*

“Well, I thoroughly enjoyed it, it’s something to do. I always meet a very different and wonderful crowd when I go.”

May has participated in four different *Arts on Prescription* programs and has discovered a distinguished speaking voice. Not only has May been an inspiration for other *Arts on Prescription* participants, May has also been the muse and subject for their diverse photography projects.

“I went to school until the age of 14 and then managed to get a tailoring job during the Depression. After that I worked as a telephonist for 23 years. I join things, I still go to coffee every day, it doesn’t matter if I can’t hear much, I just smile and enjoy the company. I’ve always joined everything possible my whole life. I don’t let anything worry me.”



NEED MORE INFORMATION?

If your organisation is interested in more information about the following areas, please contact HammondCare’s Centre for Positive Ageing:

Postal Address: Centre for Positive Ageing

4 Spicer Ave
Hammondville, NSW 2170

Phone: 02 8788 3900
Email: AoP@Hammond.com.au

“I often check with them [the participants] at the end of the class; “What did you think of that?” “How did you find today?” And I’ve gotten a lot of feedback along the lines of “You know, I feel really calm”, and “Oh! Was that really two hours?”

Annette, Artist

HammondCare can assist you with:

1. Training packages for artists, clinicians and program managers on the role of the Arts in Health and *Arts on Prescription* models.

HammondCare is able to provide *Arts on Prescription* training for your Project Staff and Artists. This interactive training is delivered by a multidisciplinary team with expertise in the health, aged care and arts sectors. The details of the training can be tailored for your individual needs, but focuses on equipping your staff to deliver a successful *Arts on Prescription* project by:

- Providing an introduction to the clinical aspects of aged care and wellness, including case studies of successful arts in health programs. Attendees will be educated in the differences between normal ageing and major diseases of ageing.
- Focusing on the practical

aspects of running the programs. HammondCare trainers ensure attendees gain a comprehensive understanding of the model and learn how to plan effective programs. Attendees are taught how to effectively facilitate participatory art sessions. All training is delivered through a mix of presentations, group-work and creative exploration of the material.

2. Help in attracting and deploying volunteers in your programs;
3. Information about program evaluation, including collaborating with HammondCare and the University of New South Wales to develop the evidence base for *Arts on Prescription*. HammondCare offers a consultancy service to assist you to develop a tailored set of evaluation tools that will best meet the needs of your programs.



APPENDICES



(Doctor to complete this page)

Patient Details:

Name:

DOB:

Sex:

Relevant health information (tick as many as apply):

- ☐ Frail or pre-frail
- ☐ Declining physical activity or function
- ☐ Chronic pain and illness affecting wellness
- ☐ Anxiety
- ☐ Depression
- ☐ Mild cognitive impairment / early dementia
- ☐ Moderate dementia – carer must be able to attend with patient
 - Carer name:
 - Carer contact details:
- ☐ Declining sense of overall wellbeing
- ☐ Socially isolated / declining social interaction
- ☐ Carer burden
- ☐ Recent bereavement or loss

Other relevant health information (including cautions):

.....
.....
.....
.....
.....
.....
.....

Arts on Prescription Inclusion Criteria:

- Aged 65 years or older (or 50 years if Aboriginal / Torres Strait Islander)
- Living at home in the catchment area
- Able to participate in a small group program
- Independent or requiring only minimal assistance with self-care

Arts on Prescription
Medical Practitioner
REFERRAL FORM

Health and wellness aims for the program (tick up to three only):

- ☐ Increased physical activity levels
- ☐ Improved mental health
- ☐ Increased social connections
- ☐ Cognitive stimulation
- ☐ Create new interests
- ☐ Help manage loss / bereavement
- ☐ Help find contentment / spiritual wellbeing
- ☐ Enrich relationship with caregiver

Suggested arts program (from discussion with the patient):

- ☐ Visual arts (e.g. painting / collage)
- ☐ Music (playing instruments / singing)
- ☐ Drama / dance / movement
- ☐ Artistic Photography
- ☐ Claywork
- ☐ Other?

Medical Practitioner details (or practice stamp):

Doctor:

Address:

.....

Phone:

Fax:

Email:

This program is funded by the Australian Government Department of Social Services.

In partnership with the South Western Sydney Primary Health Network and



PARTICIPANT DETAILS

(Participant to complete)

Preferred name:

Address:

.....

Preferred language (if English not well spoken):

.....

Preferred Contact No.

Email:

Emergency Contact details:

Name of next-of-kin / Emergency contact:

.....

Their contact No:

Arts on Prescription would like to know some further information about you to assist the team direct you into the arts program best suited to your needs.

Please fill in the following:

Do you have special requirements (e.g., physical, memory, mobility, poor vision, poor hearing, self-care)?

.....

.....

.....

.....

List any allergies:

.....

List any dietary requirements:

.....

What interests you about the program and why do you want to participate?

.....

.....

.....

.....

.....

Do you have arts experience? ☐ Yes ☐ No

If so, describe:

.....

.....

Do you have access to transport? (if so please select)

- ☐ Own Car
- ☐ Family member / friend driving you
- ☐ Public transport
- ☐ Community transport service

What is your preferred availability? (tick all boxes that apply)

	MON	TUE	WED	THUR	FRI
AM					
PM					

I consent to having my health and personal details contained on this form shared with the Arts on Prescription team.

Signature:

Date:

HammondCare Centre for Positive Ageing + Care

4 Spicer Ave Hammondville NSW 2170

P 8788 3900 F 9731 1235 Email: aop@hammond.com.au

Our passion is improving quality of life for people in need. Established in the 1930s, HammondCare today is an independent Christian charity specialising in dementia care, palliative care, rehabilitation, older persons' mental health and other health and aged services. HammondCare has a particular commitment to dementia care and research as well as to people who are financially disadvantaged.





(Practitioner to complete this page)

Arts on Prescription
Allied Health / Nursing
REFERRAL FORM

Patient Details:

Name:
DOB:
Sex:

Relevant health information (tick as many as apply):

- ☐ Frail or pre-frail
- ☐ Declining physical activity or function
- ☐ Chronic pain and illness affecting wellness
- ☐ Anxiety
- ☐ Depression
- ☐ Mild cognitive impairment / early dementia
- ☐ Moderate dementia – carer must be able to attend with patient
- Carer name:
- Carer contact details:
- ☐ Declining sense of overall wellbeing
- ☐ Socially isolated / declining social interaction
- ☐ Carer burden
- ☐ Recent bereavement or loss

Other relevant health information (including cautions):

.....
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.....
.....
.....

Health and wellness aims for the program (tick up to three only):

- ☐ Increased physical activity levels
- ☐ Improved mental health
- ☐ Increased social connections
- ☐ Cognitive stimulation
- ☐ Create new interests
- ☐ Help manage loss / bereavement
- ☐ Help find contentment / spiritual wellbeing
- ☐ Enrich relationship with caregiver

Suggested arts program (from discussion with the patient):

- ☐ Visual arts (e.g. painting / collage)
- ☐ Music (playing instruments / singing)
- ☐ Drama / dance / movement
- ☐ Artistic Photography
- ☐ Claywork
- ☐ Other?

Practitioner details:

Allied Health ☐ / Nurse ☐ / Pharmacist ☐ (Please tick)

Practitioner Name:
Address:
.....
Phone:
Fax:
Email:

This program is funded by the Australian Government Department of Social Services.

In partnership with the South Western Sydney Primary Health Network and



Arts on Prescription Inclusion Criteria:

- Aged 65 years or older (or 50 years if Aboriginal / Torres Strait Islander)
- Living at home in the catchment area
- Able to participate in a small group program
- Independent or requiring only minimal assistance with self-care

PARTICIPANT DETAILS

(Participant to complete)

Preferred name:
Address:
.....
Preferred language (if English not well spoken):
.....
Preferred Contact No.
Email:

Emergency Contact details:

Name of next-of-kin / Emergency contact:
.....
Their contact No:

Arts on Prescription would like to know some further information about you to assist the team direct you into the arts program best suited to your needs.

Please fill in the following:

Do you have special requirements (eg, physical, memory, mobility, poor vision, poor hearing, self-care)?

.....
.....
.....
.....

List any allergies:

.....
List any dietary requirements:
.....

What interests you about the program and why do you want to participate?

.....
.....
.....
.....

Do you have arts experience? ☐ Yes ☐ No

If so, describe:
.....
.....

Do you have access to transport? (if so please select)

- ☐ Own Car
- ☐ Family member / friend driving you
- ☐ Public transport
- ☐ Community transport service

What is your preferred availability? (tick all boxes that apply)

	MON	TUE	WED	THUR	FRI
AM					
PM					

I consent to having my health and personal details contained on this form shared with the Arts on Prescription team.

Signature:

Date:

HammondCare Centre for Positive Ageing + Care
4 Spicer Ave Hammondville NSW 2170
P 8788 3900 F 9731 1235 Email: aop@hammond.com.au

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INFORMATION SHEET FOR DOCTORS

‘ARTS ON PRESCRIPTION’ - linking older people who have unmet health and wellness needs with experienced artists to promote healthy and positive ageing

What is the background and aim of Arts on Prescription?

Evidence shows that participation in the arts can have a positive impact on health and wellbeing.

Arts on Prescription is an engaging program where experienced artists work with small groups of older people to help them explore their own creativity and learn new artistic skills, while at the same time meeting their health and wellness needs.

The concept was originally developed in the UK, and it is now offered locally in partnership with HammondCare and the University of NSW.

The program targets older people living in the community with unmet health and wellness needs – e.g. declining physical function and frailty, mild cognitive impairment, anxiety and depression, isolation, loneliness and unable to engage with their community, recently bereaved, and people with dementia and their carers, aiming to enrich the caregiving relationship.

The ‘**arts prescription**’ is used to reinforce the concept that engagement in creativity and the arts can be as important to achieving wellness as traditional medicine.

A range of arts programs will be offered, including visual arts such as painting, collage, ceramics and photography and music, dance and drama. Participants will be able to choose which type of art form they want to do, based on their interests and needs.

What does the typical Arts on Prescription program look like?

Duration: **10 weeks** with weekly two hour sessions.

Two locations: **Hammondville** and **North Turramurra** (see over).

No experience necessary. There is **no cost** for participants to attend. All materials are included.

How do I refer a patient?

- 1. Check that the patient resides in the catchment area (see over).
- 2. Complete an *Arts on Prescription* referral form.
- 3. Make sure the patient completes the participant details on the back of the form.
- 4. Post, Fax or Email the form to: ‘AoP’ at the *HammondCare Centre for Positive Aging + Care* (details on the back of this form).

What are the potential benefits of the program?

There are many potential benefits, depending on the person’s health and wellness needs and the type of artistic endeavour that they do.

People can gain physical benefits, such as improved fitness, strength and balance, by doing arts programs that increase their level of physical activity (e.g. dance, singing, drama and movement).

Art can also unlock a person’s creative side, giving them new interests to help them remain mentally active as they age.

Participating in arts programs can help people meet mental health challenges such as anxiety and depression, and can give them new purpose, meaning and a sense of achievement. This can be especially helpful through times of loss and bereavement.

Lonely and isolated older people will gain new opportunities to reconnect with their community.

People suffering early memory loss or with dementia can also benefit, along with their carers. Separate “Arts on Prescription” programs for people with dementia and their carers will be held.

Liverpool / Bankstown catchment area for Arts on Prescription

Patients from the following catchment areas are eligible to participate in **Arts on Prescription**. Patients outside of these catchment areas may be able to participate, depending upon the availability of places.



Program Venue: Centre for Positive Ageing + Care
4 Spicer Avenue Hammondville NSW 2170

This program is supported by an Australian Government Department of Social Service
Aged Care Service Improvement and Healthy Ageing Grant.

HammondCare Centre for Positive Ageing + Care
4 Spicer Ave Hammondville NSW 2170
P 8788 3900 F 9731 1235 Email: aop@hammond.com.au

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HammondCare
An Independent Christian charity



Attention Artists!

The ‘Arts on Prescription’ Project

Sessional / Casual

Are you a practising artist who would like to contribute to healthy ageing and the care of older people with a diverse range of health and wellness needs?

Are you committed to engaging with people to bring about quality creative experiences?

Do you meet challenges with empathy and good humour?

Based on a successful model in the UK, *Arts on Prescription* is a new project introduced to Australia and conducted by HammondCare, with project partners the University of New South Wales (School of Public Health and Community Medicine and UNSW Art+Design). The project is funded by the Australian Government Department of Social Service’s Aged Care Service Improvement and Healthy Ageing Grants.

We are seeking a number of Artists (initially up to 8) with range of backgrounds (fine arts, music, dance, design, storytelling, photography and other visual arts) to deliver programs on a small group basis to older people, and their carers when indicated.

The project will be run at the HammondCare Centre for Positive Ageing + Care at Hammondville and HammondCare’s North Turrumurra site.

While experience working creatively with older people may be an advantage, it is not essential, as training will be provided (attending the one and half day training session on 27th and 28th May is a prerequisite). What we really want is your attitude and your creativity!

About HammondCare:

HammondCare is an independent Christian charity whose mission is to improve quality of life for people in need.

We specialise in aged and dementia care, palliative care, rehabilitation, mental health services for older people, and other related health and aged care services. HammondCare seeks to embed evidence-based best practice in its services and we provide these services through care in the community, subacute hospitals and residential aged care.

Bringing these health, hospital and aged care services together, HammondCare has been able to develop innovative, flexible care models designed to serve people with complex health or aged care needs, regardless of their circumstances.

HammondCare works to provide its staff with support, career development opportunities, education, responsibility and recognition, work/life balance, and satisfying roles.

More about the role:

The project will commence in mid 2015 and continue for just over a year. *Arts on Prescription* is an innovative project that will explore the role of participatory arts in health care, with a particular focus on community dwelling older people with frailty, social isolation, mental health challenges and mild cognitive impairment or early dementia, and their carers, or people experiencing bereavement. Some participants may also be in residential aged care.

The project is based on the emerging evidence of the beneficial role of the arts and creativity on meeting people’s health and wellness needs, especially in older age.

The artistic forms used in this project may include the visual arts, music, dance, design, storytelling, photography and/or other creative artistic forms. One of the innovative features of the project is to match the artistic endeavour to the needs and wishes of the participant, with the aim being to enhance the participant’s wellness in a way that is complementary to their existing health care. Further information about the project can be found in related documentation.

The project requires a number of Artists to deliver participatory arts programs on a small group basis to the target group, who will mostly be referred from community settings. The two main sites are Hammondville and North Turrumurra. Artists will primarily work at one site, however may be asked to assist at other sites if the need arises. As this is a relatively new concept in Australia it is expected that the Artists will become valuable members of the project team and make positive contributions along the way to the design, delivery and evaluation of the project.

Materials will be provided.

About the selection process:

Short-listed Artists will be asked to attend an interview in the first two weeks of May 2015. The interview may include a short presentation by the Artists to the selection panel. Successful Artists must be available for training on 27th and 28th May 2015 (dates subject to change). Actual program delivery will not commence until July or August 2015, to allow time for preparation, client selection and the procurement of materials.

Key responsibilities of Artists:

- Attend initial training on Wednesday 27th May 2015 and Thursday 28th May 2015 (dates subject to change) and any ongoing training and meetings as required.
- Deliver small group programs of 90 - 120 mins duration on each occasion, at a minimum of twice per week, over about 8 – 10 weeks.
- Work with the *Arts on Prescription* team and Project Partners to help create, deliver and evaluate programs in accordance with the project's aims.
- Work in line with HammondCare's policies, procedures and model of care and core values.

About you:

The successful candidate should have:

- Formal qualifications in the arts relevant to this project, or sufficient experience and skill as a practicing artist in media relevant to the project.
- An understanding of the needs of older people with complex aged care requirements and/or experience in the aged care sector may be an advantage, but is not essential
- Experience facilitating project based group activities and/or teaching in the Arts
- Demonstrated excellent interpersonal skills and empathy
- Demonstrated ability to work independently and able to work effectively in a team environment
- A willingness to learn about the health and wellness needs of the target population, including attendance at orientation and training sessions.
- An ability to work with participants and health partners alike in a respectful and flexible manner.
- A personal engagement with the arts and a joy of sharing the value of arts practice with others.
- The ability to create a safe space for participants to enable them to express themselves creatively
- A current NSW Driver's licence (Class C)

HammondCare offers its staff competitive salaries, and excellent training & development opportunities. For more info check out our website: www.hammond.com.au/careers

Interested? Apply Now!

For an information pack, including the job description and details on how to apply, please click on link below or see our website: www.hammond.com.au/careers

For any specific queries not answered by the information pack, please contact Michelle Anthony, *Arts on Prescription* Project Manager 02 8788 3906

Closing Date: Friday 1st May, 5pm (AEST)

All short listed applicants for these positions will be asked to consent to a criminal record check.



We thank our UK colleagues
(Dr Simon Opher and Prof Stephen Clift)
for their valuable advice during the project.

This program was funded by the Australian
Government Department of Social Services
under an Aged Care Service improvement
and Healthy Aging Grants (ASCIHAG) Grant.



Postal Address:

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