

Innovating residential person-centred care through dementia- friendly art

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Innovating Person-centered Care through Dementia-friendly Art

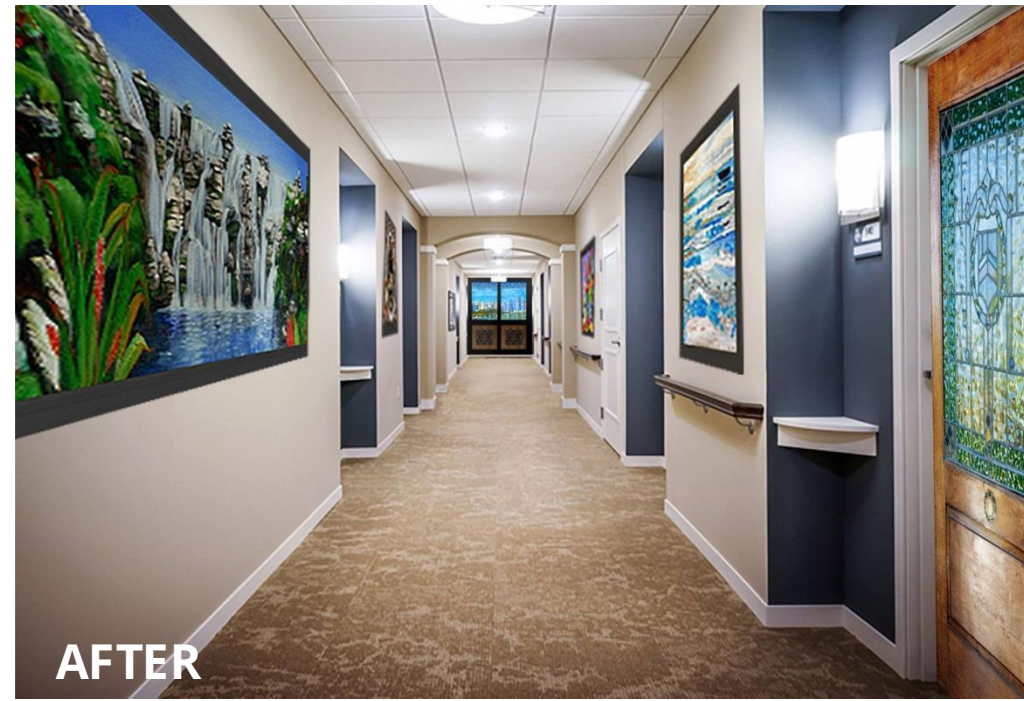
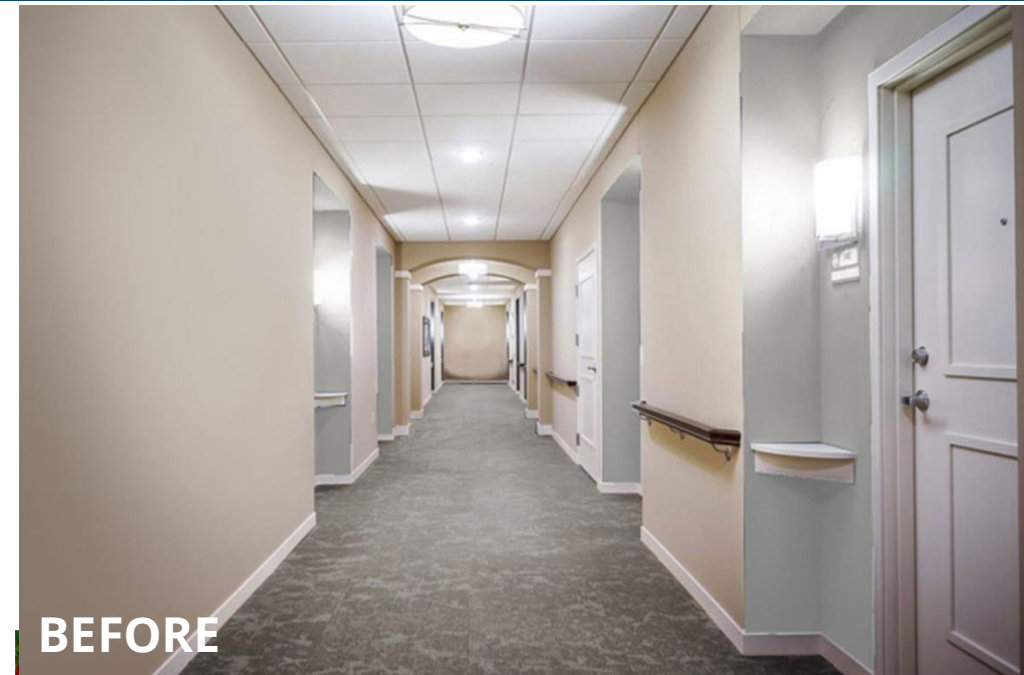
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Overview

- Why integrate Art into Aged Care?
- 'Deprived' vs 'Enriched' Environments
- The Neuro-aesthetic Science
- Art → Culture → Community
- Meaningful Way-finding Landmarks
- Resident Room-door Way-finding
- Achieving Way-finding Saliency
- Conversations for Well-Being
- Conclusions



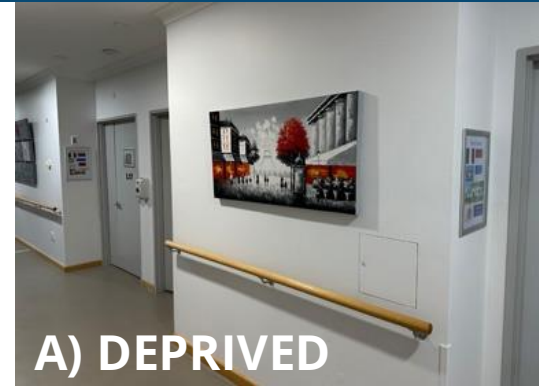
Why integrate Art into Aged Care?

- Dementia-friendly art can seamlessly blend operational and clinical functions with aesthetics that are familiar to residents
- Art in aged care facilities is best operationalised by deploying 'art technologies' which are proven and scalable
- Dementia-friendly 'art technologies' will foster positive memories and reminiscence that spark curiosity
- Dementia-friendly 'art technologies' can also reduce negative triggers
- Reducing negative triggers will reduce reactive behaviours which in turn reduces staff and/or medical interventions
- Australia's National Aged Care Design Principles call for the de-institutionalisation of facilities to prioritise residents' privacy and independence.



Deprived vs Enriched Environments

- 1960s studies on rats and more recent studies show that subjects (with or without cognitive impairment) can suffer a reduction in brain mass up to 6% due to deprived/impooverished environments
- However, enriched environments can enhance brain mass, which:
 - improves way-finding
 - reduces fatigue
 - reduces falls
- Additionally, enriched environments reduce depression
- Yet, many facilities feature blank walls and bleak environments that may cause cognitive decline and its resulting negative behaviours
- Art deployed by 'art technologies' in a proven and scalable way:
 - Liven up bare walls = reduced blandness and disorientation
 - Individualises doors = reduced wrong-room-entries
 - Eliminates glass glare = reduced resident stress
 - Reduces reflections = reduced fear/anger with imagined persons



Grayscale Comparisons



The Neuro-aesthetic Science

- *Neuroaesthetics (n): The scientific approach to studying aesthetic experiences*
- Studies on viewing art shows:
 - Our brains receive dopamine when seeing beautiful nature
 - Our brains also receive dopamine from art we perceive as beautiful
 - Sunsets are universally perceived as beautiful
- Beautiful views delivered through art technologies gives people the beauty they seek for well-being while reducing environmental triggers if the artwork imbues:
 - A person can see there but not go there
 - Demographic relevance
 - Architecturally seamless design



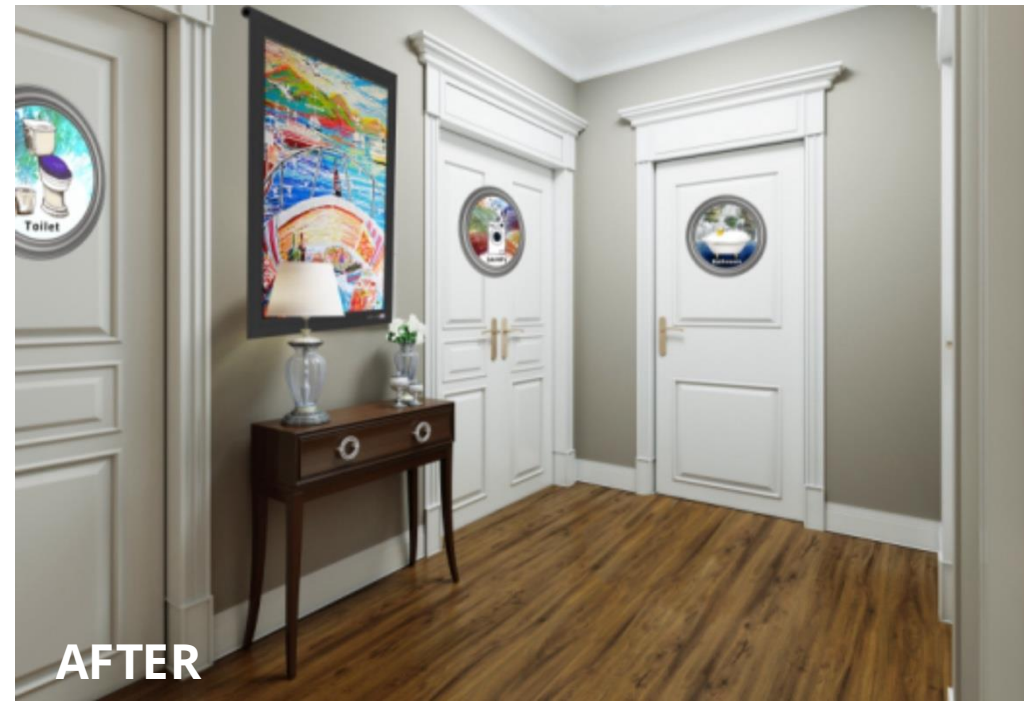
Art → Culture → Community

- Studies show that people in their 80's seek more spiritual connection
- These connections bring people together which in turn creates 'spiritual' communities
- Spiritual communities make residents':
 - Have a connection to their community
 - Experience being part of something bigger
 - Feel gratitude for their care
- A sense of spirituality is created through Art Technologies that are designed to create the emotion of Awe through:
 - Beauty
 - Wonder
 - Scale
 - Contrast



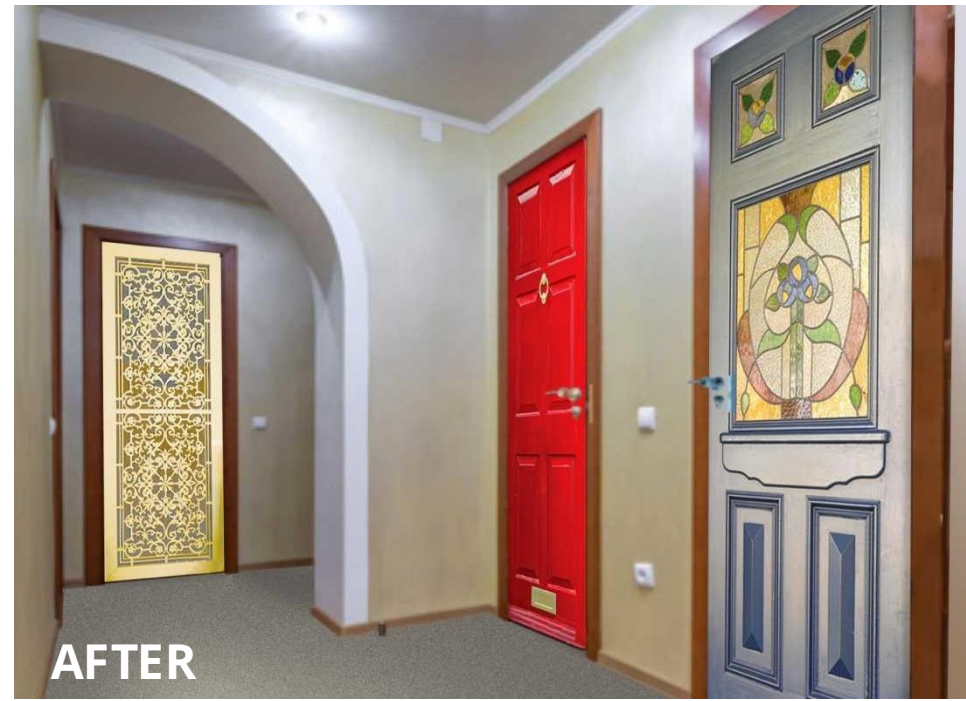
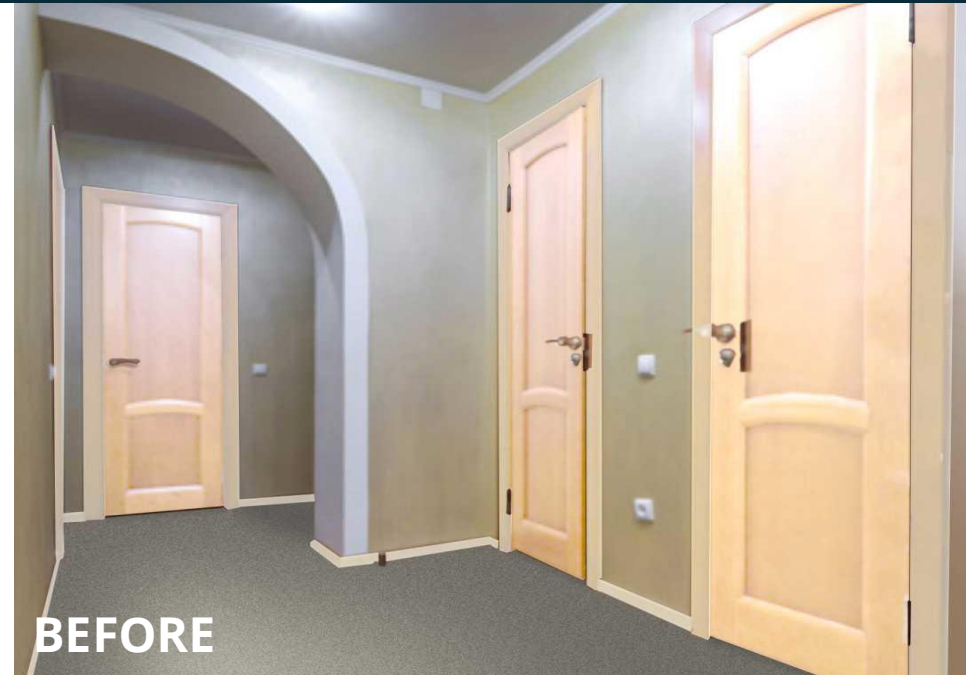
Meaningful Way-finding Landmarks

- The Australian Design Principles and Guidelines call for meaningful art as way-finding landmarks:
- 1.1 & 1.6: Promote culture and consider cultural colour
- 1.2: Reduce clutter and signage: Use objects and art instead
- Avoid murals of bookcases, street scenes: Art, not graphics
- 1.6: Balance tonal contrast with domestic appearance
- 1.7: Ensure navigation routes look distinctive
- 1.10: Make toilet doors distinctive
- 2.2: Create private entries
- 2.3: Conceal staff entries and areas



Resident Room-door Way-finding

- Research shows people living with dementia use landmarks to way-find to their room and recognise their door by its design.
- Resident way-finding and room-door wraps enhances Person-centered care by:
 - Reduced disorientation-induced stress and frustration
 - Reduced wrong-room-door-entry
 - Reduced incidences
- Our experience favours:
 - Themes tailored to the demographic and building style
 - Cohesive styles with juxtaposed tones, colours and shapes



Achieving Way-finding Saliency

- *Saliency (n): being particularly noticeable, prominent or important*
- Way-finding studies show that people with or without dementia will achieve way-finding saliency easier and faster when landmarks are:
 - Larger and more frequent
 - Stable rather than inconsistent
 - Brighter naturally coloured
 - Easy to understand, meaningful themes i.e. a beach sunset, children's art
 - Figurative over abstract
 - Textured



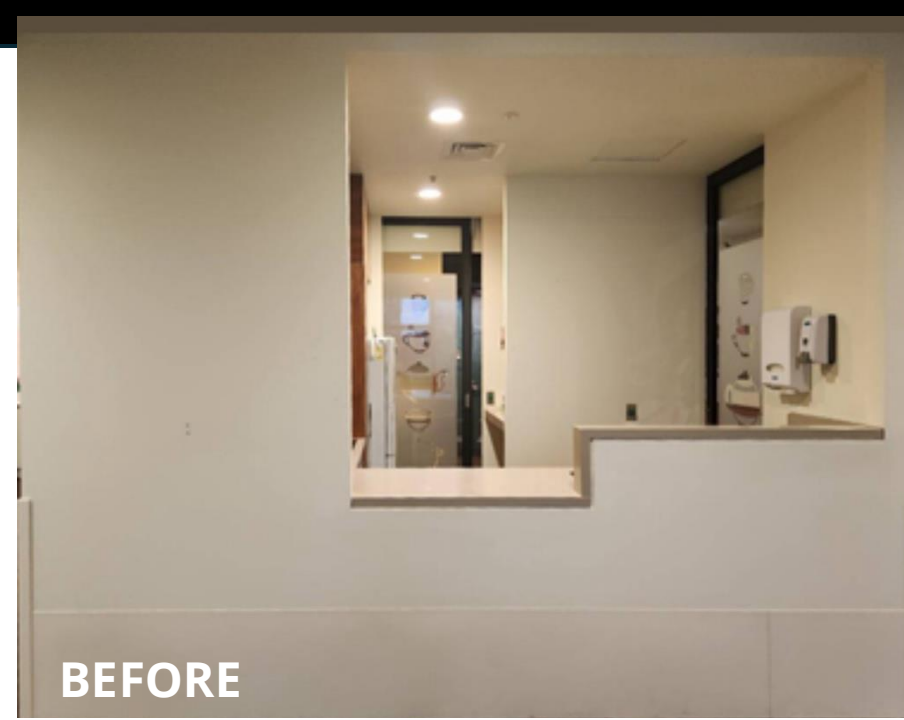
BEFORE



AFTER

Conversations for Well-Being

- Meaningful conversations create dopamine that gives a person a sense of well-being
- Facilities that deploy art technologies find that they can foster conversations through:
 - Strengths-based activities
 - Reminiscence
- The resulting sense of well-being will:
 - Reduce Confusion
 - Minimise way-finding stress
 - Mitigate exit-seeking
 - Reduce behavioural triggers
 - Reduce incidents



Conclusions

- In conclusion, well-designed art technologies that are strategically positioned and integrated into Aged Care facilities can:
- Alleviate triggers
- Reactive behaviours
- Depression
- Enhance personal and communal well-being

Einstein famously said, "*Insanity is expecting different results from the same thinking*".



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Thank You!



Sharron Tancred MIDA is an Australian artist and pioneer of Art Technologies with over two decades of experience. Dyslexia enhances her unique ability to visualize problems in three dimensions and create innovative solutions. Renowned for her global insights and meticulous research, she collaborates with governments, universities, and providers. Sharron connects neuro-science, neuro-aesthetics, and health research, becoming a thought leader in creating dementia-friendly environments. Her work transforms healthcare and aged-care settings, demonstrating how evidence-based art can improve health outcomes.

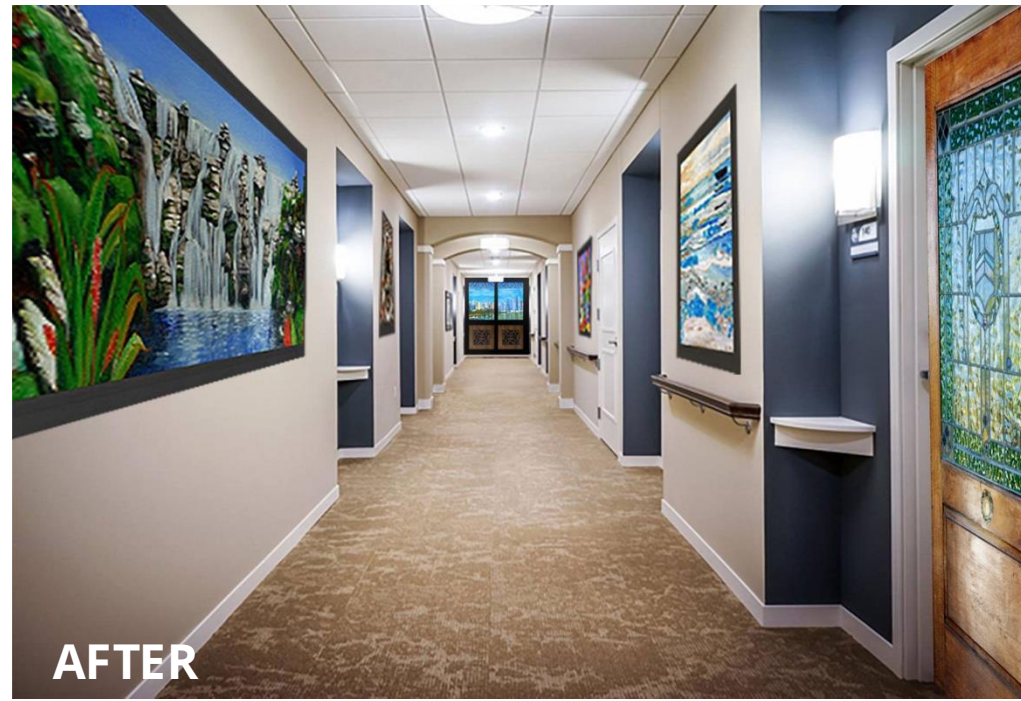
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