HOW DO I ACCESS THE ARTS ON PRESCRIPTION SERVICE?

Anyone can access Arts on Prescription. Staff work closely with participants and their health professional to ensure they are engaged in the most suitable creative program for them. HammondCare at Home clients can access the service through their Home Care Package.

Options include:
- Eight week community art programs for small groups
- One-to-one artist sessions at home
- Programs for people living with dementia and their carers
- Tailor-made programs for hospitals, care facilities or community centres.

Tailor-made programs can also be created for any organisation wishing to engage their clients in the creative arts for their health and wellbeing.

For a full list of upcoming programs, services and associated costs, please contact the Arts on Prescription team.

LIKE TO KNOW MORE?

If you are interested in accessing the service, or if you are a provider wanting to offer Arts on Prescription, please contact the Arts on Prescription team:

PHONE
02 8788 3900

EMAIL
aop@hammond.com.au

ONLINE
hammondcare.com.au/aop
WHAT IS ARTS ON PRESCRIPTION?

Professional artists work with small groups or individuals who are experiencing health challenges, to explore and enjoy a range of creative endeavours.

As no two people are the same, we tailor the service to suit each person’s individual needs, goals or preferences.

WHY THE WORD PRESCRIPTION?

Research has shown that engaging in the creative arts such as visual art, music, dance or performance can have a positive impact on people’s health and wellbeing.*

To achieve maximum impact through the program, our service partners with health care professionals to target holistic wellbeing and promote positive ageing.

HOW DOES IT WORK?

Our team of artists work with the participant to help them find and foster their connection with the creative arts. All levels of experience are welcome.

The Arts on Prescription service includes:

Creative movement and dance
Designed to support mobility and physical wellness in a fun and relaxed way. Classes are set to music and adapted by the artist according to the requirements of the group or individual.

Visual arts
Explore art making with our team of visual artists. Programs include painting, drawing, clay work, photography, printmaking and sculpture.

Music and performance
Programs include singing, percussion, poetry and acting. Participants will also be given the opportunity to learn an instrument and perform as part of a band.

WHAT ARE THE BENEFITS?

Participants can experience a range of positive outcomes from participating in the Arts On Prescription service, including:

• Improved mental wellbeing
• An opportunity to use or develop new skills
• Community connection and social interaction
• Help through difficult times, such as bereavement
• Improved physical health
• Purpose, and a new sense of self.

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