

Engaging Older Adults in the Arts Online

A Guide for Referrers



Unforgettable Experiences works to inspire creativity, build connections, and improve cognitive function through delivering live, interactive, and creative sessions.

@UnforgetExp



www.unforgettableexperiences.org.uk

Photography

with Alan Sill

Through these sessions, participants will learn how to take photographs through a focus on people and objects, the associations and relationships between them, and the significances that are personal to everyone as individuals. Simple or commonplace objects can spark all sorts of different thoughts and connections

Which little things or big views matter to you? What makes something important to you in a way that makes you want to capture it in a photograph? From simple shapes and colours to portraits of people and views of objects, Alan's sessions give participants a chance to explore what is important to them and learn how to frame it in a photograph, taking into consideration angles, points of view, shadow and lighting, form and pattern, drawing on the principles of art and design.

Photography and digital media can provide highly personalized experiences and are particularly good for further building digital and technical confidence and skills that can improve and increase social connectedness.

BENEFITS OF ONLINE ENGAGEMENT FOR OLDER PEOPLE

Delivering online ensures access to participation for those who might otherwise not be physically able but, as age rises, internet use decreases, meaning those most likely to benefit from online social connection are least likely to access it. This is where the one-to-one support of our Digital Activity Buddies comes in. Outside of our sessions, increased digital confidence and knowledge can help people to stay connected with family and friends.

HOW TO REFER TO THE SERVICE

To make a referral, simply contact us with a name, telephone number and consent of the person you would like us to support.

Contact Emma Bryan on: 01325238007

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BENEFITS OF ARTS ENGAGEMENT FOR OLDER PEOPLE

Participatory arts activities combine learning something new and developing thinking and doing skills with being physically active and socially connected. These activities can have a positive impact on concentration and attention, the stimulation of memories, on mood and confidence. The activities and their outputs can also provide a unique means for people to explore and express their experiences, and to enjoy a sense of achievement and accomplishment.

INCLUDING ONLINE ARTS ENGAGEMENT IN THE SOCIAL PRESCRIBING CONVERSATION

People do not need to think of themselves as creative to take part in arts. Although people may not describe it in this way, arts engagement is an important part of our identity. Taking photographs, listening to music, reading books, watching documentaries, keeping scrapbooks – all of this is arts-based activity. In talking to people about their care, include questions about what interests and enthuses them, what lights them up, what matters to them and what makes them who they are. Raise these themes and topics in more than one conversation, building a picture of the whole person to see how taking part in sessions delivered by Unforgettable Experiences could contribute to an improvement in their quality of life and wellbeing within their medical journey.