

# 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.

# History

with Richard Asquith

History isn't just about dates...it is about people! These sessions give participants the opportunity to learn about how people lived in the Middle Ages and discuss whether they really lived that differently from us.

With each session on a different theme, this course introduces life in the medieval world, covering topics such as food, drink, music, theatre, books, poems and popular songs, houses and castles, graffiti and travel. Each session will involve a new activity such as cooking a medieval dish, examining items such as coins, graffiti and other objects, listening to medieval music, even going on a virtual tour of a medieval building. Each session activity will be followed by a discussion about our own modern-day experiences, how the way we live has changed, and which things stay the same. History learning can help to stimulate memories and support a sense of selfhood - as the historian E. H. Carr wrote, "To enable man to understand the society of the past and to increase his mastery of the society of the present is the dual function of history."

**Learning something new, through group discussion and active discovery, provides the opportunity for positive and enjoyable experiences that build confidence and increase skills.**

## BENEFITS OF ONLINE ENGAGEMENT FOR OLDER PEOPLE

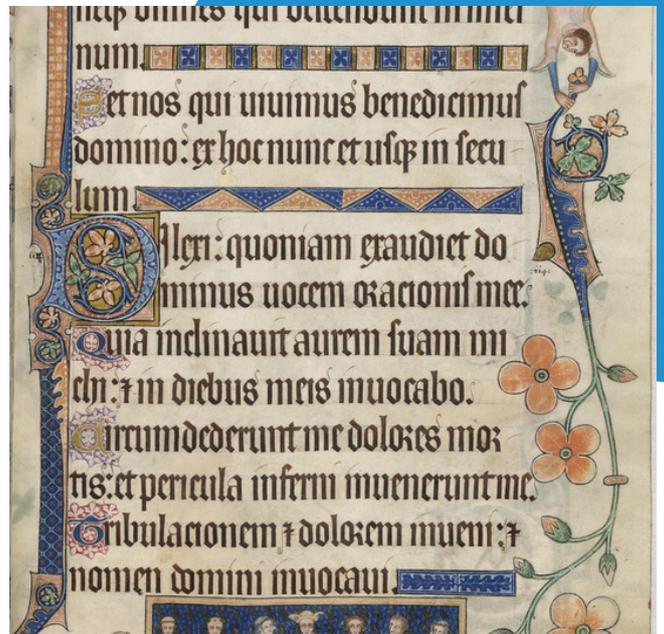
Delivering online ensures access to participation for those who might otherwise not be physically able but, as age rises, internet use decreases, meaning those most likely to benefit from online social connection are least likely to access it. This is where the one-to-one support of our Digital Activity 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

Emmab@unforgettableexperiences.org.uk



## 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.