

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.

Visual Arts

with Pui Lee

These hands-on workshops explore a range of visual arts techniques and processes and work towards creating a unique mandala-inspired artwork.

Participants will learn about art and practice with some of the formal elements that make up a piece of artwork, such as line, colour and composition, and explore incorporating these, in their own way, into what they make.

Sessions are structured to include group activity and time to talk along the way, giving opportunity for interaction and fun within the making and doing. These sessions are ultimately about responding to the now, using our imaginations, and will be tailored to the interests and needs of the participants with the aim of building confidence and improving overall wellbeing.

Taking part in these activities can enhance episodic memory, improve cognitive capacities, raise mood, give a greater sense of inclusion, and increase subjective wellbeing.

Each session is drawn to a close with gentle stretching and breathing exercises to complete this mindful experience.

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.