

Art Therapy Intervention----Joyce Ogden MA atr bc

I volunteer at Sacred Heart Village Nursing Home weekly----In one class the residents are all in wheel chairs and most can do little for themselves...The goal of the class is to connect, stimulate and help them feel some sense of belonging and self worth. Begin with some focus of what we're doing that day and try to surface some memories connected with the projectIt has to be some activity that will involve each person but also provide assistance to each person---so it's working briefly with each person and then putting what each person has worked on together for a united visual piece. Sometimes we work on something they can attach to their wheelchairs. Many may sleep some through the hour but get some connection and response when they have their special time during the class. I get much positive feedback from staff and a few of those in the class .

Some interventions I've had with the residents:

- 1) Rock piles---use chalk to color rocks and gather all together and assemble into a whole
- 2) Flowers in a Vase----use markers or paint to color flowers --put in a vase and let residents decorate the vase----recall gardens they've had in the past.
- 3) Trees can be precut and class members can sponge paint Spring colors or snow for winter.
- 4) Umbrellas can be decorated for a rainy day picture recalling such times and feelings related to weather.
- 5) Small mandalas can be made to contribute to a large one.
- 6) Hands can be traced and cut out to become a Peace Banner and memories can be surfaced about past wars and loved ones involvement.
- 7)
- 8) Strips can be decorated, woven or stapled to a large ring with curled ribbon for festive occasions or personal celebrations.
- 9) A pillow can be made by having class members paint lines with a bleach pen on gold or black satin---they love to squeeze the satin softness when the pillow's stuffed and sewn.
- 10) Pin wheels attached to straws---Help them hold two markers at once for fun designs. Help them remember festivals and picnics---family times together.

These are just a few of the possibilities ---it's the contact and stimulation that's so important for these older people.