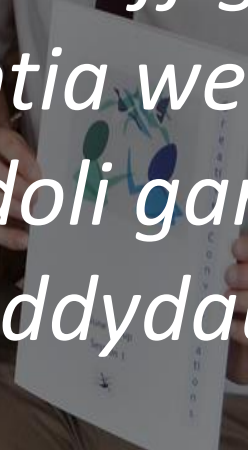
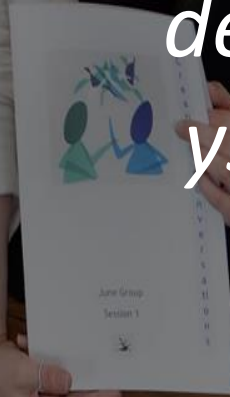


Creative Conversations

Sgyrsiau Creadigol

An arts inspired
development
programme for the
dementia care
workforce

*Rhaglen ddatblygu
ar gyfer staff gofal
dementia wedi'i
ysbrydoli gan y
celfyddydau*





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*Swyddog Ymchwil, Canolfan Ymchwil CDGD Cymru, Henneiddio a
Dementia @ Bangor, Ysgol Gwyddorau Iechyd, Prifysgol Bangor*

Canolfan Datblygu
Gwasanaethau Dementia Cymru
Dementia Services
Development Centre Wales



PRIFYSGOL
BANGOR
UNIVERSITY



Dementia Positive

celebrating the strengths, creativity &
insights of people living with dementia



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Why? *Pam?*



Rather than helping staff understand how to communicate with older people, including those living with dementia, training for care staff tends to focus on manual handling, fire safety, and safeguarding (Older People's Commissioner for Wales, 2014)

Members Involved In
 cARTrefu demonstrate the
 impressive scale of the project,
 making it the largest scale
 project of its kind in Wales.

1,952
 hours of free arts provision in care homes



976
 cARTrefu workshops were
 delivered over the two years

1,543
 residents attended one or
 more cARTrefu sessions

793
 residents and



272
 members

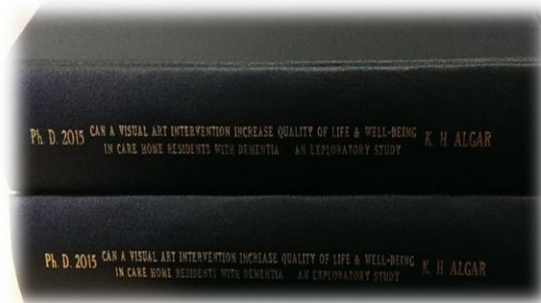
122

20%

Why the arts? Pam y celfyddydau?



DEMENTIA AND IMAGINATION
 DEMENTIA A'R DYCHYMYG



Dementia Positive

celebrating the strengths, creativity &
 insights of people living with dementia



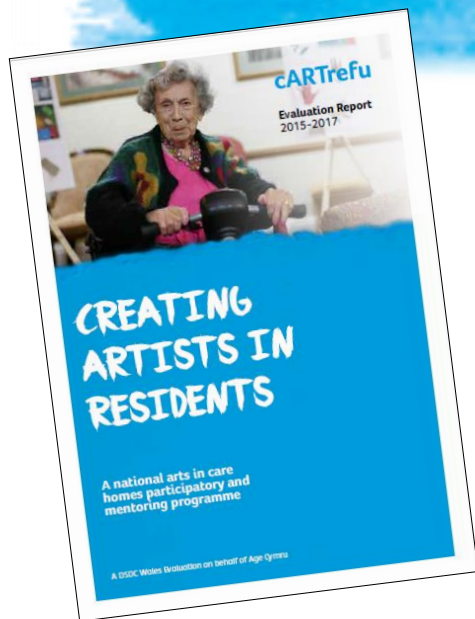
“I was negative. I didn't think that they would display any interest. That they would just sit there maybe for a couple of minutes and they'd be agitated, edgy and wouldn't want to do it...and I thought you'd be wasting your time if I'm honest”

“I was surprised at their level of ability. And I'm ashamed to say it”

“It's really changed my opinion of what they are willing and able to do, really”

Care staff member from
PhD study

*“[IT] MADE ME REALISE
RESIDENTS ARE MORE
CAPABLE THAN ONE
MIGHT GIVE THEM CREDIT
FOR”*



Care staff member from cARTrefu

www.agecymru.org.uk/cARTrefu

Aim of the project

Nod y prosiect

To develop and test a 'Creative Conversations' intervention to improve the quality of interactions between care staff and people living with dementia

"The arts for encouraging new ideas and different ways to engage with different residents"



The Creative Conversations Programme

Y rhaglen Sgyrsiau Creadigol

- Aims to develop skills of dementia care staff using the arts.
- Has a remit for developing compassionate communication and quality of relationships between staff and those they care for.
- Aimed at **frontline staff** and encourages them to use the skills developed in everyday interactions in the care home (rather than a time-limited activity session)





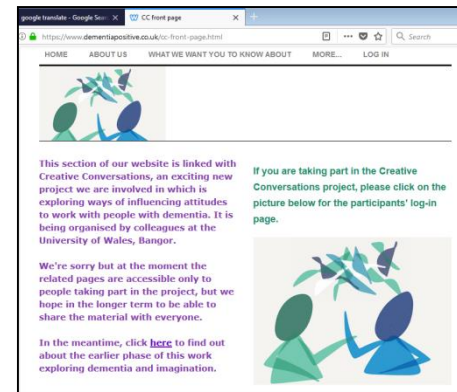
'Creative
Conversations' is
based on and
takes its'
inspiration from
two earlier
programmes:

1. The Descartes project conceived by Hannah Zeilig, (Zeilig, Poland, Killick & Fox, 2015, The arts in Dementia Care Education, in Journal of Public Mental Health 14(1) 18-23.)
Descartes innovated the use of arts based material to educate care home staff.
2. The Arts and Older People Project and John Killick at The Courtyard, Hereford. This project used poetry to enhance creative conversations and enable compassionate communication. (The Arts and Older People Project and Killick, J. (2015) The best words, in the best order: A toolkit for making poems in dementia care settings. The Courtyard Centre for Arts, Hereford).

Creative Conversations

Sgyrsiau Creadigol

3 elements to Creative Conversations:



Uses the arts on 2 levels:

- *As an educational tool for introducing a topic for discussion*
- *As short creative practical activities to try back in the care home*

Creative Sessions

Sesiynau creadigol

- 4 creative sessions over 12 weeks
- 2 hours with a break in middle
- Groups of 12 staff (4 from 3 different care homes)
- Unconventional venues:
 - Informal approach
 - No facts given
 - High degree of sharing
 - Personhood asserted throughout without being stated



Example – Mother tongue film

(Topic: Communicating with people with dementia who have lost language)



“Kitty language is unique. Sometimes I’m the only person who understands it. Sometimes I don’t understand it, but it doesn’t matter, but it’s deeply meaningful.”

“She [Kitty] made us think of a resident we used to have that was very like her. She struggled to speak so we used to communicate with her through song... It actually brought a tear to my eye thinking of her.” BE02

“She was actually talking with her eyes and her eyes became her voice” CH05

“You expect to be sad when you start watching it but actually it just makes you...There’s a saying ‘love conquers all’ and that relationship shows it.”

CH08



Who took part? *Pwy gymerodd rhan?*

14 care homes
49 care staff

Staff Demographic data

Age (Mean)	41.74
Gender, Female (%)	100
Ethnicity, White British (%)	100
Total years of employment in care homes (Mean)	11.85

A photograph of two women sitting in a room, engaged in conversation. The woman on the left has short blonde hair and is wearing a red patterned top. The woman on the right has dark hair and is wearing a dark blue cardigan over a red patterned top. They are both holding papers or notebooks. The room has a window with patterned curtains and a radiator in the background.

Impact *Effaith*

- Positive response from care staff – gave an appetite for being creative
- Found to validate staff skills and confidence
- Opportunity for discussion and to learn from other staff
- Learning through the arts strengthened their understanding of residents and role of non-verbal communication.
- Arts can be weaved into everyday interactions



• The opportunity *Y cyfle*

- Develop local workforce
- Strengthening the relationship
- Opening the doors to research
- Investing in care





THE FUTURE IS OURS TO CREATE.

The Future *Y dyfodol*

- Creative Conversations is continuing in Flintshire
- 12 Courses Planned 2019-20
- 2 courses for Care Staff and 2 for Family Carers being run 3 times
- Product development meetings

Zoom in (Ctrl+Plus)

Creative Conversations Workshops for Care Home Staff

The Creative Conversations programme aims to develop the skills of care staff using the arts. The facilitator delivers the training in 'creative sessions' of up to two hours long over four creative sessions delivered over 12 weeks.

The Workshop Aims to:

- Develop skills of care staff using the arts (e.g. Poetry, visual art, film photography, music).
- Developing compassionate communication and quality of relationships between staff and those they care for.
- Encourages staff to use the skills developed in sessions in everyday interactions in the care home (rather than a time-limited activity session)

Two programmes are available with limited spaces:

1. Venue: Horse and Jockey Pub, Church Road, Buckley
Dates: 15th January, 29th January, 26th February, 26th March 2019
Time: 2pm-4pm
2. Venue: Flint Cinema, Church Street, Flint
Dates: 18th January, 1st February, 1st March, 5th April 2019
Time: 2pm-4pm

Staff must attend all workshop dates of a programme

To book please contact
luke@newcis.org.uk

01352 752525

Creative Conversations Workshops for Family Carers

The Creative Conversations programme aims to offer the creative skills to family carers of people living with dementia using the arts. The facilitator delivers the workshops in 'creative sessions' of up to two hours long over four creative sessions delivered over 12 weeks.

The Workshops Aims to:

- Help carers within their role, to have meaningful and positive interactions with their loved one during difficult times
- Develop skills of carers using the arts (e.g. Poetry, visual art, film photography, music).
- Encourages carers to use the skills developed in sessions in everyday interactions at home.

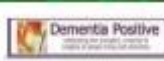
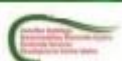
Two programmes are available with limited spaces:

1. Venue: Horse and Jockey Pub, Church Road, Buckley
Dates: 15th January, 29th January, 26th February, 26th March 2019
Time: 11am-1pm
2. Venue: Flint Cinema, Church Street, Flint
Dates: 18th January, 1st February, 1st March, 5th April 2019
Time: 11am-1pm

Respite is available for you to attend these workshops

To book please contact
luke@newcis.org.uk

01352 752525



The screenshot shows a web browser window with the URL <https://www.futurelearn.com/courses/dementia-arts>. The page features the FutureLearn logo, navigation menus for 'Categories', 'Courses', and 'Using FutureLearn', and a search bar. The main heading is 'Dementia and the Arts: Sharing Practice, Developing Understanding and Enhancing Lives', with a sub-heading 'ONLINE COURSE'. Below the heading is a description: 'Explore, challenge and shape your perceptions of dementia through science and the creative arts'. A prominent pink button says 'Join course for free'. Logos for UCL and 'CREATED OUT OF MIND' are visible. A navigation bar includes links for 'Overview', 'Topics', 'Start dates', 'Requirements', 'Educators', and 'Accreditation'. A large image at the bottom shows people playing musical instruments. A 'Support' link is in the bottom right corner.

FREE ONLINE COURSE

www.futurelearn.com/courses/dementia-arts

Course start date: 21st January 2019.

Sign-up page is now live.



Thank you for
listening!
Diolch am wrando!



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- Dr Kat Algar-Skaife
- k.algar@bangor.ac.uk
- 01248 382226
- @Kat_Algar



Ymchwil Iechyd
a Gofal **Cymru**
Health and Care
Research **Wales**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government