

## **cARTrefu - creating artists in residents**

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Published: 05/07/2017

Publisher's PDF, also known as Version of record

[Cyswllt i'r cyhoeddiad / Link to publication](#)

*Dyfyniad o'r fersiwn a gyhoeddwyd / Citation for published version (APA):*  
Algar-Skaife, K., Woods, R., Robinson, E., & Noyes, R. (2017). *cARTrefu - creating artists in residents*. Paper presented at British Society of Gerontology Conference 2017 , Swansea, United Kingdom.

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# cARTrefu – creating artists in residents

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British Society of Gerontology  
Conference 2017

# cARTrefu

- ▶ 2 year project

- ▶ Delivered by Age Cymru



- ▶ Funded by Baring Foundation and Arts Council Wales

The Baring Foundation



- ▶ Evaluation by Dementia Services Development Centre (DSDC) Wales



- ▶ Supported by Centre for Ageing and Dementia Research (CADR)



# Aims of cARTrefu

- ▶ Quality participatory arts experiences
- ▶ Professional development of artists
- ▶ Collect evidence that arts contribute to well being and improve quality of life
- ▶ Training of care home staff to lead creative sessions



# How does it work?

- ▶ Lead Mentor and four artist practitioners in each art form:
  - Performing Arts (Dance / Drama)



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  - Music



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  - Performing Arts (Dance / Drama)
  - Music
  - Visual Arts



# How does it work?

- ▶ Lead Mentor and four artist practitioners in each art form:
  - Performing Arts (Dance / Drama)
  - Music
  - Visual Art
  - Word (Poetry / Prose)

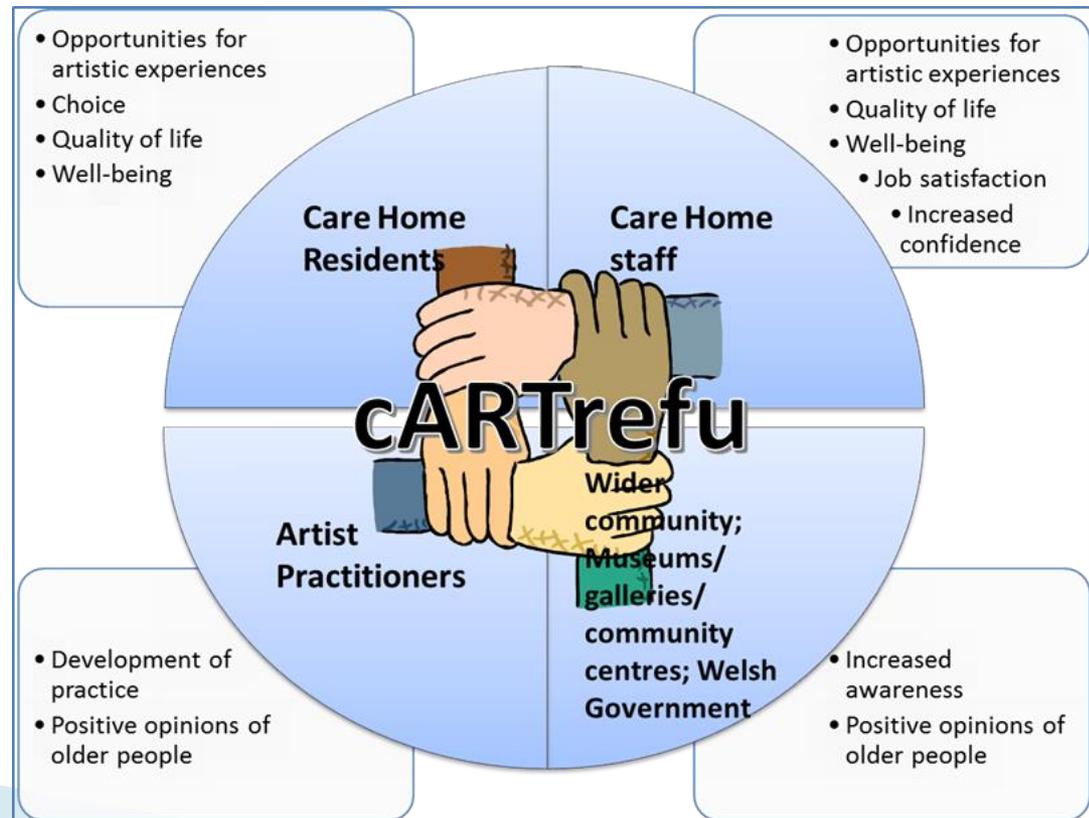


- ▶ Each artist practitioner to deliver 8 residencies each.
- ▶ Each residency 8 sessions (up to 2 hours each)
- ▶ Up to 128 residencies over the 2 years



# Aims of Evaluation

- ▶ (1. To investigate the mentoring process;)
- ▶ 2. To explore the impact of the art residencies on all those involved



# Methods

- ▶ Artist practitioner reflective journals
- ▶ Smiley Faces Assessment Scale
- ▶ Care staff questionnaires
  - Approaches to Dementia Questionnaire (ADQ)



Not great



Not a lot

1

2



3

Fantastic



A lot

4

5



# cARTrefu in numbers

- ▶ **122** care homes
- ▶ **976** cARTrefu workshops
- ▶ **1952** hours of free arts provision in care homes
- ▶ **1335** residents attended one or more sessions



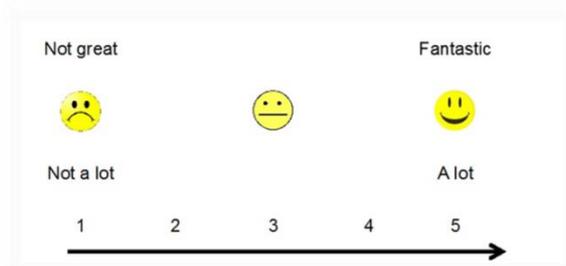
# Wales-wide project



# Highlights of evaluation results

- ▶ ***Resident participants (n=793):***
  - Attended average of **4.2 sessions** and **21.7%** attended all sessions
  - Average (mean) age **86 years** (range: 52–104)
  - **65%** had a diagnosis of dementia
- ▶ ***Staff participants (n=272):***
  - Average (mean) age **43 years** (range: 16–71)
  - Average length of years worked in care home **6.5 years** (range: 2 weeks – 35 years)

# Residents



- ▶ Well-being score increased after session\*

“I was having a perfectly horrible day today until we did this. I feel completely different now.” R733

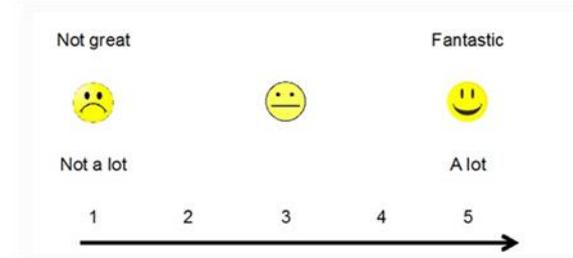
“Once again I arrived to a lounge full of snoring residents. By the end they were full of beans. The smiley faces evaluations show clearly how much they are enjoying the workshops and how much they are making a difference to their mood, their general outlook on life.” AP07



\*Statistically significant

## ▶ High ratings of enjoyment (M=4.29)

“I haven’t been here long – I’m 92 but save a couple of months in hospital this is all very new to me. I don’t want to be here, I can’t believe any of us do really, but it makes me much happier that we get to do things like this and have people like you come in and meet us.... I love stories, and I have had you in my prayers for you coming and bringing stories to us and helping us create them” Resident, CH010



“I prefer these activities to the other musicians who come in – because we actually get involved. Everybody just falls asleep during the other sessions” Resident, CH010



# Staff

'I'd like to visit art galleries and view the art'. S069

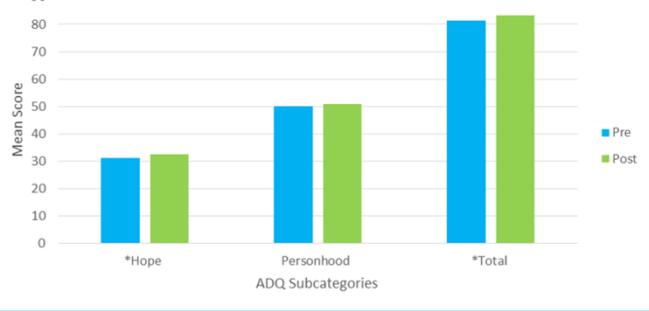
- ▶ More likely to seek out cultural experiences outside of work (ie. arts classes, visiting gallery/theatre) after residency
- ▶ Increased confidence to lead a creative arts session\*

"The art residency has made me feel more confident about putting together musical activities; I have never felt that I was very musical" S222

"My eyes have been opened to new possibilities for enriching our residents' lives." S006



\*Statistically significant



- ▶ Improved attitudes towards people living with dementia (Overall ADQ score and hope subscale)\*

“I’ve noticed all the skills that the residents have that we don’t know about, and these sessions have given them confidence to express these skills” S035

“...myself and the activity coordinator, have noticed a marked improvement with our interaction and responses with the withdrawn residents.” S099 and S100

“[It] made me realise residents are more capable than one might give them credit for.” S083

\*Statistically significant

# Artist practitioners

- ▶ Improved attitudes towards people living with dementia (Overall ADQ score, hope, and personhood subscale)\*

‘I have learnt a lot and made friends with many characters, some at the end of their lives. That has had an impact on a personal level, and inspired reading and research, even influenced decisions about further training (Dementia-friendly communities training, Movement with Parkinson's specialist training and Mindfulness teacher training). AP14

“I do feel I’ve experienced a wide variety of ability levels / states of health now and I feel I’m learning a lot as a practitioner in terms of responding to residents needs”  
AP02



\*Statistically significant

- ▶ Several artist practitioners asked back to deliver sessions at homes after cARTrefu residency
- ▶ ‘Fusion’ residencies

“As the residency developed I felt that [Artist Practitioner] became more confident in trying out some of their...ideas” M04



# Wider community

- ▶ Creation of friendships and community feeling in homes.

“It sends a positive vibe throughout the care home as a variety of residents are communicating and interacting because without this activity they would not be doing that” S069

- ▶ Access point for other artists



# cARTrefu and beyond...

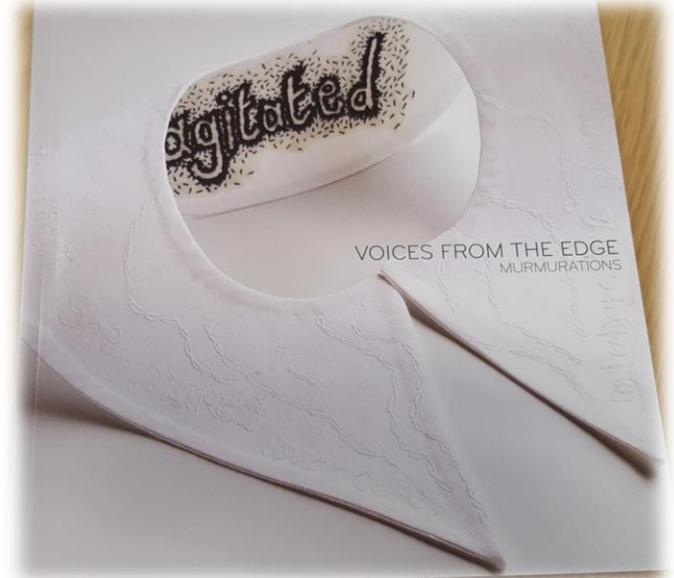
## Film stars



## Activity cards and sharing events



## Visual Arts Exhibition, Craft in the Bay, Cardiff (ends 9<sup>th</sup> July)



*“One of the care staff told me that the poem [resident] and I wrote together had been read out at his funeral by his best mate” AP07*

# cARTrefu 2!

# Conclusions

- ▶ Pioneering project – largest scale project of its kind in Wales
- ▶ Extremely positive results for all involved
- ▶ Examples of best practice – leaving a legacy
- ▶ Important implications as it is hoped results can inform policy to improve the well-being of care home residents and staff



# Senedd Evaluation Report launch

## Oct 2017

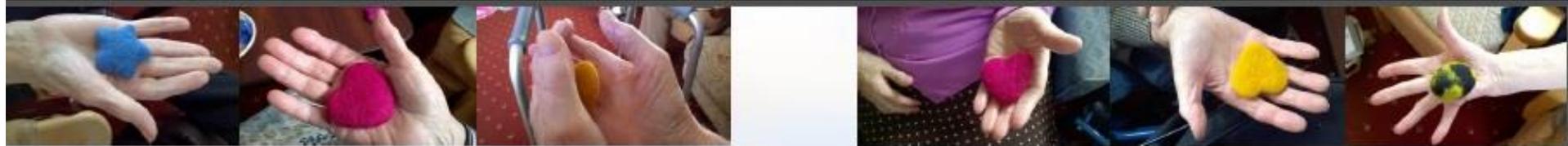


# Thank you for listening!

<http://www.ageuk.org.uk/cymru/health-wellbeing/cartrefu/>

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# cARTrefu

at Bryntirion, Tregaron

