



### Keynote Speakers

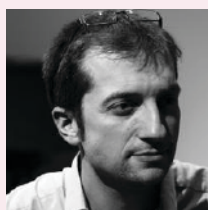


#### **Creative Health: The APPG inquiry report on the arts, health and wellbeing**

Lord Alan Howarth CBE

Co-chair, All-Party Parliamentary Group on Arts, Health and Wellbeing

The All-Party Parliamentary Group on Arts, Health and Wellbeing's Inquiry report, Creative Health, presents a compelling case for how the arts help keep us well, aid our recovery and support longer lives better lived. The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health, including dementia. Arts engagement can boost brain function and enhance the quality of life for people with dementia and their carers. However, we need to do more to increase the amount of activity and to make it sustainable. Our recommendations aim to challenge habitual thinking and effect culture change throughout the system.



#### **Dementias and the arts: Why understanding the differences between dementias can be useful**

**even if you don't know (or want to know) someone's diagnosis**

Prof Sebastian Crutch, Dementia Research Centre, University College London and Director Created Out of Mind Hub, Wellcome Collection

I will provide an overview of a number of rarer dementias including posterior cortical atrophy, behavioural variant frontotemporal dementia and semantic and nonfluent forms of primary progressive aphasia. The purpose of describing the experiences and challenges of people living with these conditions is not to elevate the importance of the diagnosis over the person, but rather to draw attention beyond memory and towards perception, behaviour, language and other skills as we consider together how to ensure that artistic opportunities, practices and responses are as engaging, inclusive and appropriate as possible for anyone living with a dementia.



#### **Remembering Our Future – Arts and People Living with Dementia**

Mr David Cutler, Director, The Baring Foundation

Since 2010 the Baring Foundation has focused its arts programme on older people, with a particular interest in participatory work with more vulnerable older people, often living in care homes. David Cutler's talk will range over the many initiatives happening in the UK and internationally to realise the right of older people living with dementia to be creative and access culture and the arts.

### Session 1: 12:00-13:00 (3 parallel sessions)

#### **B1 Art Experiments in the Visual Arts**

##### **Testing situations: Artistic rumination on diagnostic interaction**

Charlie Harrison, Created Out of Mind, Wellcome Collection.

Neuropsychological testing can improve our understanding of how the mind is organised and it is through testing that clinicians are able to make standardised decisions about dysfunction with greater confidence. For a person being tested in the context of dementia, diagnosis entails not only the prospective degeneration of cognitive function but also presents significant challenges to individual identity and social status – this makes the site of testing incredibly potent for both the person being tested and the person administering the test. Can these testing situations be a stimulus for artistic practice? In this presentation we will explore some of the intersections between neuropsychological testing and contemporary art; examining the formal qualities of testing materials, observing interactions in the site of testing and ruminating on whether artists should contribute to creative research or build narratives about the experience of neurological impairment.

##### **Looking at the bigger picture: Visual art, the social brain**

Janneke van Leeuwen<sup>1,2</sup>, Sebastian Crutch<sup>1,2</sup>, Aida Suarez Gonzalez<sup>1</sup>, Jeroen Boomgaard<sup>3</sup>, Jason Warren<sup>1</sup>. <sup>1</sup>University College London, <sup>2</sup>Created Out of Mind, Wellcome Collection; <sup>3</sup>Gerrit Rietveld Academie, Amsterdam.

Using artworks from the Wellcome Collection in London, the Thinking Eyes projects uses the Visual Thinking Strategies (VTS) method to study how people with dementia perceive, give meaning to and communicate about visual art. The first experiment 'Snapshots' focuses on the initial aesthetic brain network. This network makes a gist evaluation within 750ms after presentation of a visual artwork, as first described by Cela-Conde and colleagues in 2013. The public is invited to take part in an interactive demonstration of the Snapshots experiment, after which we'll look at what happens next in the brain based on these first snap decisions.

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## Session 1: 12:00-13:00 (3 parallel sessions)

### B2: Art Options

#### Flourishing through creative engagement

Emily Bradfield, Susan Hogan, David Sheffield and Dawn Forman, University of Derby.

A rapidly increasing ageing population has significant consequences for the health and wellbeing of our society and a heightened need to identify alternative ways to support the diverse needs of people in later life. The creative arts can provide opportunities for meaningful engagement, which can stimulate the senses and encourage 'in the moment' experience. A systematic review of participatory arts for promoting wellbeing and quality of life in healthy older people will provide a cogent synthesis of research on creative engagement with older people. Preliminary findings from the review will consider distinctions across art forms, and active versus passive engagement.

#### Can tablet apps replace traditional arts activities for people with dementia? Preliminary results from a hospital-based ethnography

Greg Windle, Rosie Perkins, Daisy Fancourt and Aaron Williamon, Royal College of Music.

The proliferation of personal tablets has led to an increase in use in acute care settings. The CW+ Care of Older People Programme has included them in its arts in health activities. An ethnographic study including field observation and semi-structured interviews is being undertaken investigating how inpatients with dementia engage with digital tablets versus traditional arts media. Preliminary results include insight into the use of tablets and traditional media by patients with dementia and contrasting perspectives of arts programme leaders and clinical staff. Further data collection and analysis will be undertaken, and updated results will be presented at the conference.

#### Museum object handling for dementia care in hospital settings: A new approach to assessment using video analysis

Nuala Morse, University of Manchester, Helen Chatterjee and Linda Thomson, University College London, Zoë Brown, Tyne & Wear Archives & Museums, Wendy Gallagher, Whitworth Art Gallery, University of Manchester.

This paper will describe the development of a new observation tool for assessing the impact of a museum object handling session for people with moderate to severe dementia in a hospital context, focused on wellbeing, social interaction, agitation and engagement with objects (duration and level of engagement). The tool was developed through collaboration between academics, museum professionals and health care partners as

part of a project called 'Not So Grim Up North'. The paper will report on early findings from the video analysis (10 sessions with n= 14 participants) to consider the value of object handling in specialised dementia units.

### B3: Methodological Challenges

#### Thinking about complexity in arts and dementia evaluation

Karen Gray, TAnDEM Doctoral Training Centre, University of Worcester.

We may carry out evaluation research in arts and dementia out on the understanding that what we are doing is a 'complex intervention'. How does complexity cause us problems when we try to describe, explain or justify the methods we use to evaluate? Could we be thinking differently about it? Are there implications for arts practitioners as well as evaluators? This presentation will explore some of these questions with reference to a doctoral research project exploring the methodological challenges of evaluating arts-based activities for people living with dementia.

#### The contribution of the arts-based research to the field of arts and dementia

Jayne Lloyd, University of Brighton.

This paper considers the contribution of arts-based research to understanding and evidencing the role of the arts and artists in dementia care. Drawing on my own experience as an artist completing a practice-based PhD, I will situate artists as researchers and evaluators of arts projects. I will explore the specific skills and knowledge artists bring to an understanding of the practice and its relationship to the social and environmental contexts within which it takes place. I will discuss how art-based methods and the knowledge it produces can be effectively communicated and valued by wider audiences.

#### Conceptualising what we mean by 'wellbeing' in dementia

Paul Camic<sup>1,2</sup> and Sarah Strohmaier<sup>1</sup>. <sup>1</sup>Canterbury Christ Church University, <sup>2</sup>Created Out of Mind Hub, Wellcome Collection.

The term 'wellbeing' has experienced a relatively rapid introduction into the lexicon and policy of healthcare in the UK and other countries. Wellbeing research now occurs across different disciplines and clinical populations. Less well understood, however, is how wellbeing is conceptualised, measured and recognised in the dementias and during art activities and how this understanding might impact research and future practice. This paper will firstly, review prevailing wellbeing conceptualisations in order to understand their relevance to dementia and secondly, discuss novel psychological and physiological approaches used to measure and observe wellbeing in art and heritage activities in this population.

## Session 2: 14:45-15:45 (3 parallel sessions)

### B4: Art Experiments: The arts influencing science: Science influencing the arts

#### Singing with friends: Creating a choir together

Hermione Jones, Wigmore Hall and Kathryn Gilfoy, Westminster Arts.

Singing with Friends is a community choir for families living with dementia led by Wigmore Hall in partnership with Westminster Arts.

The group formed in January and, in this short time, has gone from strength to strength, giving its first performance onstage at Wigmore Hall, taking part in a recording for BBC Radio 3 and being selected as a finalist for a National Dementia Care Award in the Outstanding Arts and Creativity in Dementia Care category. Hermione Jones and Kathryn Gilfoy discuss the collaboration and co-creation involved when shaping a choir with its members at the heart of the process.

## Session 2: 14:45-15:45 (3 parallel sessions)

### **Choral singing and dementia: Using physiological and psychological measures of stress and wellbeing**

Philippa Bourne<sup>1,3</sup>, Sebastian Crutch<sup>2,3</sup>, Daisy Fancourt<sup>2</sup> and Paul Camic<sup>1,3</sup>. <sup>1</sup>Canterbury Christ Church University, <sup>2</sup>University College London, <sup>3</sup>Created Out of Mind Hub, Wellcome Collection.

In recent years, evidence for the positive effects of singing with people with dementia has been substantial. Some research has used physiological measures to analyse the impact of singing, however this method has not before been used in a community study with people with dementia. Method: Using repeated measures, the study investigated the impact of a choral singing group on stress and wellbeing in people with dementia and their carers. Self-report and physiological measures were used at the beginning and end of a singing session and art viewing session. Results: Preliminary analysis suggests that singing had a positive impact on stress and wellbeing. Discussion: Implications for the impact of singing with people with dementia will be discussed as well as practical implications for the use of physiological measures in this setting.

### **Engaged or exasperated? Interpreting physiological data in dementia research**

Emma Harding<sup>1,3</sup>, Mary Pat Sullivan<sup>2,3</sup>, Sebastian Crutch<sup>1,3</sup>. <sup>1</sup>University College London, <sup>2</sup>Nipissing University, Canada, <sup>3</sup>Created Out of Mind Hub, Wellcome Collection.

Wearable technologies which collect physiological measures such as heart rate, electro-dermal activity and accelerometer data are increasingly used to monitor health and wellbeing and to increase safety and independence for people living with dementia. However, interpretation of these findings is not always straightforward, perhaps especially so in the context of emotionally and cognitively complex activities like engagement with the arts. We are using pilot data from all-day home-based observations to begin to think about how we might re-contextualise physiological data within a complex setting (i.e. the home) and what integration of this data with observational insights can add.

## **B5: Reflections, Disruptions and Effects**

### **Dementia in the asylum: Reflections on interdisciplinary exploration of the Wellcome Collection Historical Archives.**

Gill Windle, Bangor University and Created Out of Mind Hub, Wellcome Collection.

The proliferation of personal tablets has led to an increase in use in acute care settings. The CW+ Care of Older People Programme has included them in its arts in health activities. An ethnographic study including field observation and semi-structured interviews is being undertaken investigating how inpatients with dementia engage with digital tablets versus traditional arts media. Preliminary results include insight into the use of tablets and traditional media by patients with dementia and contrasting perspectives of arts programme leaders and clinical staff. Further data collection and analysis will be undertaken, and updated results will be presented at the conference.

### **The artists are taking over the care home: Disrupting boundaries in dementia care**

Victoria Tischler, University of West London.

This paper discusses the impact of an artist residency programme in residential care homes. The residencies provide creative activities but move beyond this, working with staff and residents to change spaces and care practices. Interim findings suggest a mixed response to the residencies. Although enthusiastically received, issues arise regularly e.g. the requirement for dedicated creative spaces, the importance of quality materials and the need for staff and family support. These require ongoing negotiation, with mediation proving helpful in ensuring all parties are heard. If successful, it is anticipated that the artist role will become embedded in dementia care settings.

### **Carers create: The effects of a social, arts-centred support network on carers and the people for whom their care**

Trish Vella-Burrows, Canterbury Christ Church University.

Carers Create (CC) is a model of creative, participatory inter-activity that aims to provide a long-term support network for carers of people with dementia and their cared-for person (known as 'dyads'). The design of the model centres on the mantra, 'flourishing carers; flourishing lives'. It aims to help improve resilience to the stress of caring by nurturing healthy dyad relationships and raising carers' self-belief/worth through creative endeavour within a social peer support environment.

This talk outlines CC model's links to NHS England's Well Pathway for Dementia and discusses the wider issue of arts on prescription for people affected by dementia.

## **B6: Art Experiments in Public Engagement and Co-Creating**

### **Disco morphologies: Dancing connections between art and science**

Selina Wray<sup>1</sup> and Charlie Murphy<sup>2</sup>. <sup>1</sup>University College London, <sup>2</sup>Created Out of Mind Hub, Wellcome Collection.

How can the arts open up and engage a broad audience in molecular neuroscience? A neuroscientist and artist discuss how they're approaching the challenges of understanding and communicating the amazing capabilities of cell technology through a series of choreographed movements to well-known pop songs. Patterns and formations of neuronal growth, connection, communication and degeneration are explored through a variety of movements, groupings and wearable technologies - bringing disco dancing into the heart of molecular neurochemistry.

### **Pleasures, perils and possibilities: An exploration of co-creativity'**

Hannah Zeilig<sup>1,3</sup> and Julian West<sup>2,3</sup>. <sup>1</sup>University of the Arts-London, <sup>2</sup>Royal Academy of Music, <sup>3</sup>Created Out of Mind, Wellcome Collection.

The term 'co-creativity' is enjoying a moment in the spotlight. It has been associated with a variety of arts, design and even business practices. Above all, co-creativity involves an innately mutual endeavour in which there is an emphasis on the shared process of creation. However, the term has rarely been considered in connection with the arts and people living with a dementia. This presentation will give an overview of our research so far, and reflect upon initial findings from 'With All' a co-creative arts project with and for people with a dementia (part of the Created Out of Mind Residency).