

## Welcome

Management and occupational therapists of the care home ask residents and family if they are interested and guide participants to the workshop.

The coordinating artists welcome them in a cosy environment with some relaxing music.

## Target group

Some participants are residents of the care home. Others are in the day care centre and go home at the end of the day.

## Supervisors

The workshop is run by three volunteering artists for a small group without a fixed number of participants. Approximately 3 participants per volunteer if the participants can still work on their own. Some participants need almost continuous help.

## Objective

When you give and share beauty, you get beauty in return. Art is a universal language to communicate. In the workshops there is a clear focus on what we still can do together, instead of what is forgotten.

## Group size

Depends of the capacities and autonomy of the participants and the accompanying volunteers. When the people come with their family, often they can't focus on the art so preferably they come alone.

## Duration

The workshop is organized in a care home and scheduled every two weeks on a Monday afternoon. It lasts for 1,5 to 2 hours.

## 'Art Workshop'

*Drawing and painting together with people with dementia, based on art books, nature photography or the inspiration of the moment.*

## Tips

Everyone makes art on their level, so it is vital to adapt to the pace of the participants. It is also important to show the results of the process, for instance through an exhibition in the entrance hall of the care home with some of the art works made during the workshop.

## Materials

Art books, photo books of nature and animals, drawing and watercolor paper, pencils, pastels, watercolour paint, brushes, ...  
It's important to take good quality materials. You can't make good looking art when you have cheap printer paper for example.

## Facilities

The care home makes this possible: they provide a calm room to make the art, a closet to keep all the art supplies and they involve the participants from start to finish. There are supervisors from the care home to bring the residents to the workshop and to bring them back to their apartment/room when the activity is over.

## Goodbye

At the end of the activity the supervisors/hosts bring coffee and tea to chat about the art that was made and to give compliments to everybody. This is very important for the warmth of the art workshop and to share the experiences.

