

Arts Engagement Programs for People with Dementia and their Caregivers

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Program Design: Possible Parameters

- Onsite/Offsite
- Individuals/Families
- Art-looking/Art-making
- One time/multiple times

Gallery Programs



- Inquiry-based discussion
- Thematic explorations
- Art historical information
- 1- 1 ½ hour program
- 4-5 works of art
- 15-20 minutes per work
- Scaffolded conversation:
 - Observation
 - Description
 - Interpretation
 - Connection and evaluation

Art-Making Programs



- Materials-based
- Examples: images and reproductions for discussion
- Collaborative or independent art-making
- 2-hour sessions
- Multi-week course
- Culminating exhibition



The MoMA Alzheimer's Project

- MoMA staff have worked with over 180 different museums
- MoMA staff have connected with over 6,000 people through conferences and trainings
- MoMA staff have presented at 22 different conferences
- Over 55 museums have committed to working with the audience

Resources



Meet Me: Making Art Accessible to People with Dementia

MoMA A+ | A+

meetme


The MoMA Alzheimer's Project: Making Art Accessible to People with Dementia

Perspectives Practice **Art Modules** Artwork Resources About

Module One: Tradition and Innovation in Modern Painting


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The selected works are among the most iconic in MoMA's collection. They share a common medium — painting — and represent various steps in the development of new artistic languages at the turn of the twentieth century. They illustrate developments in modern art and demonstrate how celebrated artists have built on and broken with artistic tradition to forge new ground in representation and artistic practice. Given the focus on innovation, the works are arranged chronologically. This sequence allows the conversation to progress historically and shows how each work builds on tradition to bring about innovation.



Vincent van Gogh. *The Starry Night*. 1889

- What do you notice when you look at this painting?
- How would you describe the colors?
- How do you feel when you look at this painting? What in the painting makes you feel that way?



www.moma.org/meetme

NYU Evaluation of Meet Me at MoMA

- Overview
 - Evidence-based research study to evaluate the efficacy of Meet Me at MoMA
 - December 2007-August 2008
 - 37 dyads – person with early-stage Alzheimer's and family caregiver
- Quantitative and Qualitative Analysis
 - Self-rating scales (questionnaire packet + smiley face assessment scale)
 - Observer-rated scales
 - Take-home Evaluation
 - Focus groups

NYU Evaluation Findings

- Caregivers reported fewer emotional problems during the week following their visit
- Both participants reported elevated mood
- Participants with dementia reported an elevation in their self-esteem
- Caregivers reported an increase in social support

Engagement with Art Allows for:

- Participation in a meaningful, intellectual activity and opportunity for personal growth
- A forum for exploration and exchange of ideas without relying on short-term memory
- Opportunity to share personal experiences and access long-term memories
- New insight into others' ideas and interests
- A means to make connections between individual experience and the world at large
- Social interaction and connection to one's peers
- A respite, both physically and psychologically
- Emotional carryover and extended conversation
- A learning experience for participants and educators



MOMA

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