

PRE-CONFERENCE WORKSHOPS

Workshops – Wednesday 21 October
Venues to be advised

Workshop 1

THE CEAA: A TOOL FOR ASSESSING CREATIVE-EXPRESSIVE ABILITIES IN SENIORS WITH DEMENTIA

Dr Dalia Gottlieb-Tanaka and Hilary Lee

Time: 8.30am – 12.30pm

Cost: \$80.00 per person, morning tea included

Maximum of 100 participants

The tool was developed by a team of researchers, Dalia Gottlieb-Tanaka, PhD and Peter Graf, PhD from Canada and Hilary Lee, MSc from Australia. The Creative-Expressive Abilities Assessment (CEAA) tool was designed for obtaining in-depth information about expressive abilities of seniors with dementia. It is easy to use and provides a convenient method for quantifying changes in behaviour. The tool can be used, for example, for comparing the effectiveness of creative activity programs or to ensure the successful matching of activities to the unique needs of each client or of a group. Its aim is to assess the creative expression abilities of people with mild to severe dementia. In the first part of the session we will discuss the practical and theoretical considerations that led to the development of the tool, while the second part of the session covers hands-on demonstration and training of the use on the tool. This workshop is ideal for creative expression facilitators, researchers, administrators of care facilities, caregivers as well as family members. For more information on the tool and its benefits, please log on to www.dementia-activities.com

Workshop 2

UNDERSTANDING CREATIVITY AND DEMENTIA: PLANNING FOR CREATIVE EXPRESSION ACTIVITIES PROGRAMS

Dr. Dalia Gottlieb-Tanaka

Time: 1.30pm – 5.30pm

Cost: \$80.00 per person, afternoon tea included

Maximum of 100 participants

This workshop offers a theoretical basis for the Creative Expression Activities Program that was developed by Dr. Dalia Gottlieb-Tanaka. It is based on a variety of planned and spontaneous activities addressed to clients with mild to severe dementia. It is also based on solid academic research and years of practical experience. Workshop participants will learn new ideas that will enrich their own work as facilitators. It will include topics such as health and family matters, fears, anxieties, achievements, life and death issues, food, arts, pets, seasonal celebrations and holidays and how they can materialize into creative expressions. The workshop emphasizes the use of clients' present abilities that may encourage them to tap into their past life histories and express their feelings creatively through drawings, writing poems, storytelling, music and reminiscing.



Workshop 3**HEARTS, HANDS AND VOICES:
CELEBRATING LIFE WITH SINGING AND CREATIVE ARTS**

Kirstin Robertson-Gillam

Time: 8.30am – 12.30pm

Cost: \$80.00 per person, morning tea included

Maximum of 40 participants

Creative expressions can enable a person to express their spontaneity, joy and spirituality through singing, music making, art work, imagery and visualisation. The timeless dimensions beyond the physical can emerge where meaning and purpose are discovered. Oliver Sachs said “music of the right kind can serve to orient and anchor a (person) when nothing else can” (2007, Musicophilia). This workshop explores elements of silence versus sound via meditation, Tibetan singing bowls, shamanic drumming, vocal toning, singing rounds, chants and songs as well as drawing, dancing and group discussions. (Participants are asked to bring a mat for meditation, pastels or oil crayons for drawing and voices for singing.) Having fun is a prerequisite for this workshop.

Workshop 4**CREATIVITY ENLIVEN THE SPIRIT. LIVE, LAUGH AND EXPRESS
IN THIS LAUGHTER BOSS TRAINING WORKSHOP**

Dr Peter Spitzer

Time: 9.00am – 5.00pm

Cost: \$140.00 per person, morning tea, lunch & afternoon tea included

Maximum of 40 participants

LaughterBoss originates from the philosophy that laughter is the best medicine. The positive power of humour is well-known and bringing humour and laughter into aged care assists staff to more creatively meet quality of life and psychosocial care issues of residents. The LaughterBoss is also well placed to help reduce staff stress and improve staff morale. The LaughterBoss is modern day equivalent of the court jester. They bring together the art and the medicine. Ideal candidates for training are staff members who have intimate knowledge of residents, families and staff as well as a thorough understanding of the environment and culture of the facility. Training to become a LaughterBoss does not make the applicant a professional performer. They remain a healthcare professional who has developed creative skills in introducing humour and laughter into their facility. The NHMRC 3 year humour therapy in RACF grant will also be discussed and reviewed. This is an experiential training workshop so bring along your funny bone.