

**cARTrefu: creating artists in residents. Preliminary Results from Year 1.**

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# cARTrefu – creating artists in residents

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Age Cymru



# 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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- ▶ Lead Mentor and four artist practitioners in each art form:
  - 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)



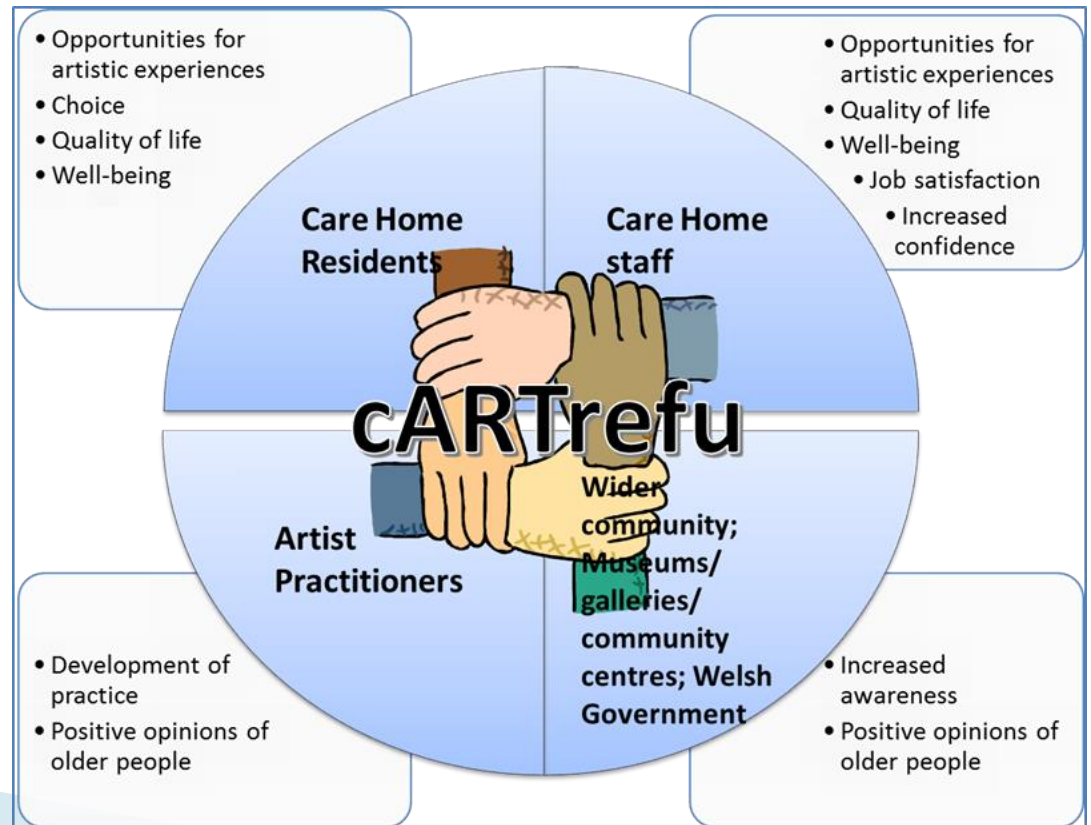


- ▶ Each artist practitioner to deliver 8 residencies each.
- ▶ Each residency 8 sessions (up to 2 hours each)
- ▶ Up to 128 residencies over the 2 years



# 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)



- (Case studies)

Not great



Not a lot

1

2



3

Fantastic



A lot

4

5

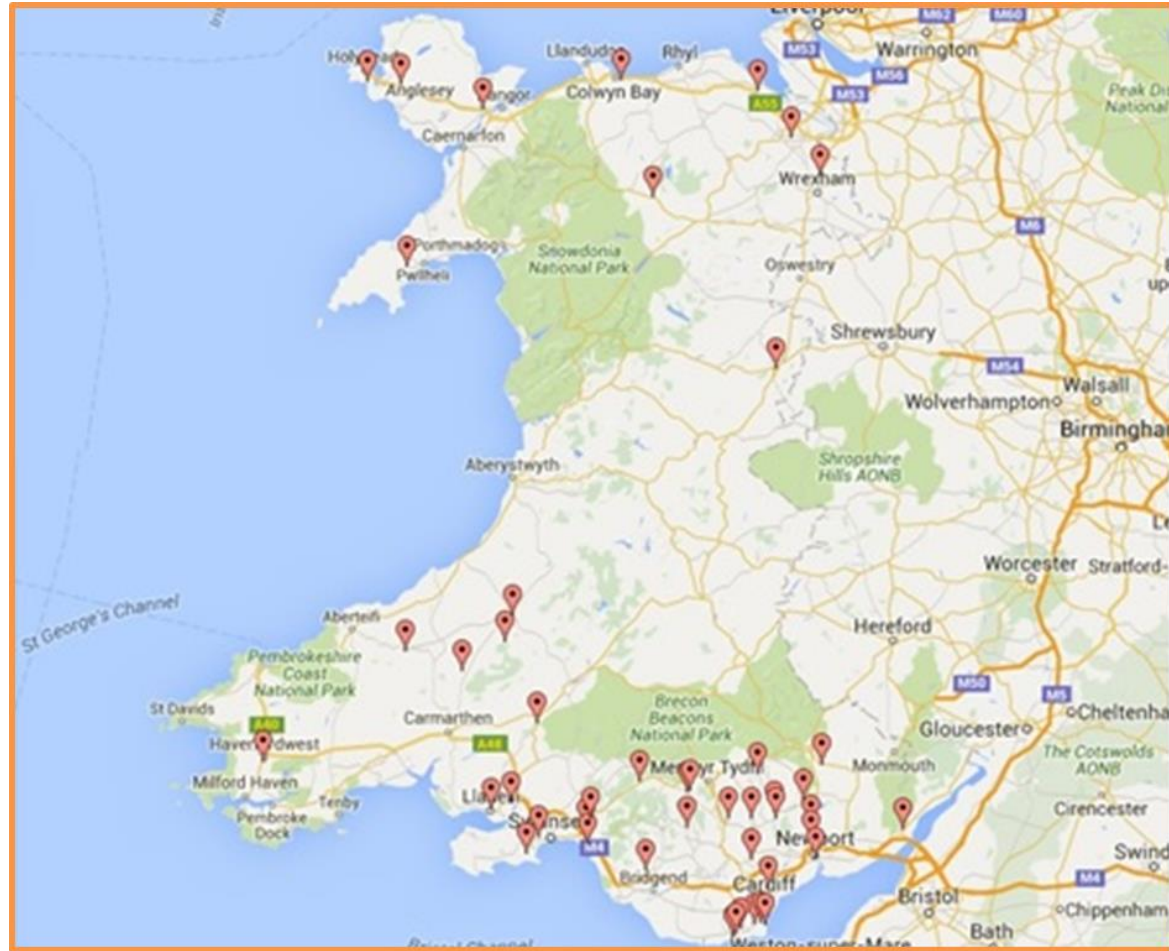


- ▶ Reporting on Residency 2 & 3
- ▶ (Residency 1 – pilot phase)
- ▶ Only average scores reported





# Wales-wide project





# Preliminary evaluation results

- ▶ *Resident participants (n=263):*
  - Attended average of **5 sessions** and **24%** attended all sessions
  - Average (mean) age **86 years** (range: 58–104)
  - **57.3%** had a diagnosis of dementia
- ▶ *Staff participants (n=100):*
  - Average (mean) age **44 years** (range: 16–71)
  - Average length of years worked in care home **8 years** (range: 2 weeks – 33 years)

# Residents

Not great

Fantastic



Not a lot

A lot

1

2

3

4

5



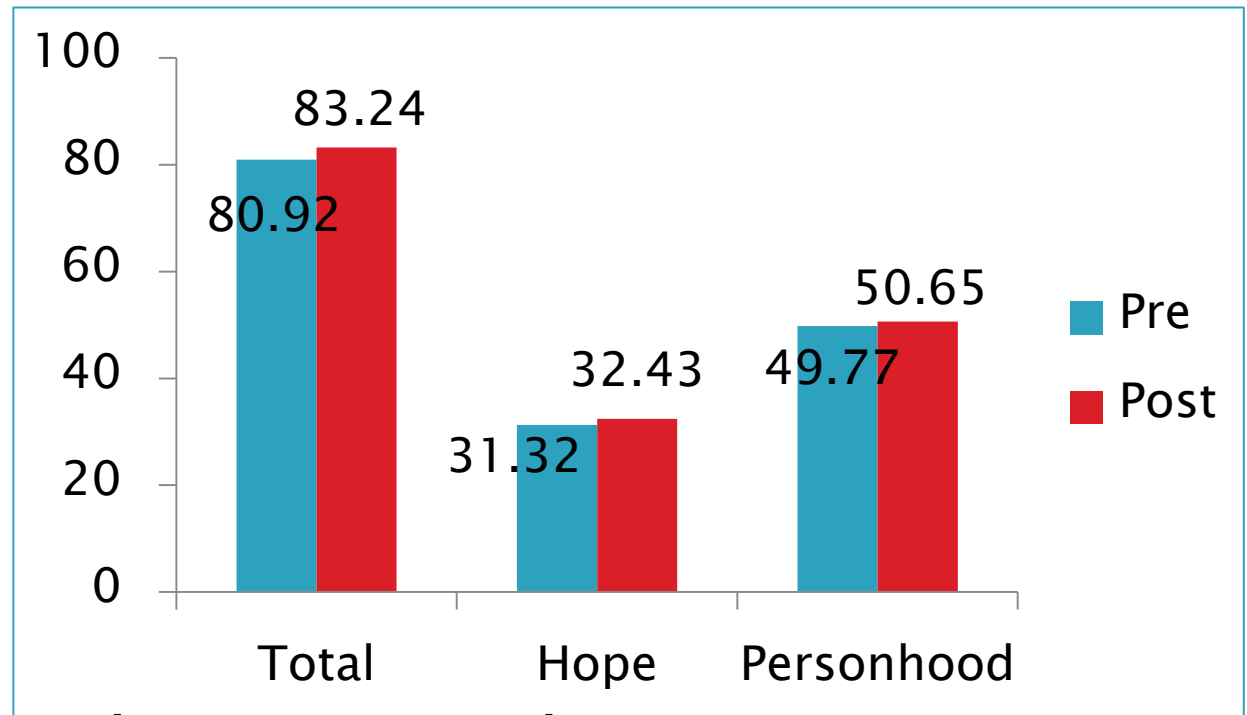
- ▶ On average:
  - Well-being score increased from 3 (pre) to 4 (post)
  - Enjoyment rated 5 (median)
- ▶ *“Once again I arrived to a lounge full of snoring residents. By the end they were full of beans. The smiley faces evaluations show clearly how much they are enjoying the workshops and how much they are making a difference to their mood, their general outlook on life.” AP07*



# Staff

## ▶ ADQ:

(Total ADQ:  
 $t(44) = -1.98$   $p = .054$ )



- ▶ *“My eyes have been opened to new possibilities for enriching our residents’ lives.” S006*
- ▶ *“[It] made me realise residents are more capable than one might give them credit for.” S083*



# Artist practitioners

- ▶ 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





# Successes: cARTrefu so far (27.09.2016) ...

- ▶ **94** residencies completed
- ▶ **100** care homes currently worked in
- ▶ **776** cARTrefu workshops
- ▶ **1504** hours of free arts provision in care homes

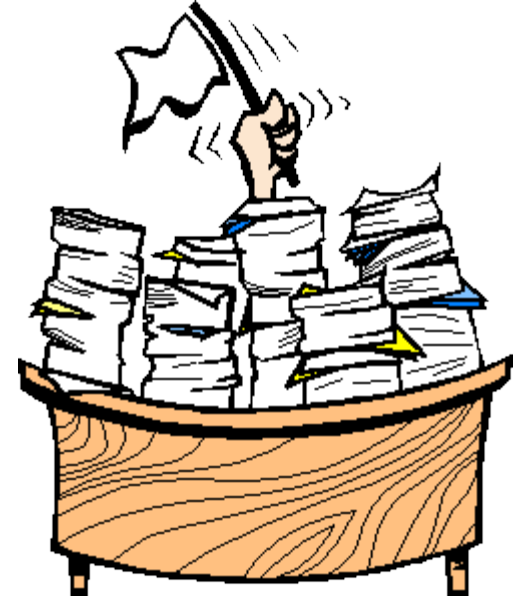


# cARTrefu film stars...



# Challenges

- ▶ Recruitment of homes
- ▶ Logistics
- ▶ Engaging staff in sessions
- ▶ Evaluation – commitment from artists; chasing up paperwork





# 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



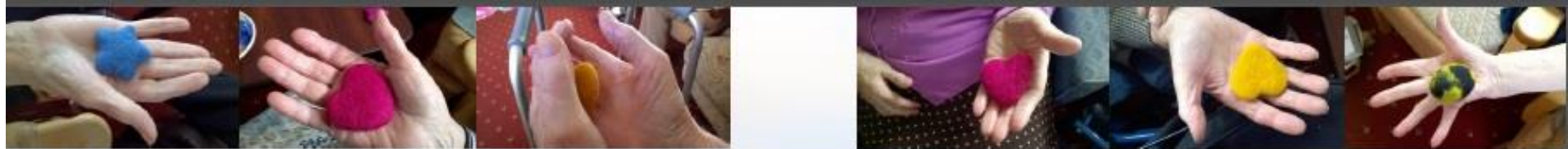
# Thank you for listening!

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

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# cARTrefu

at Bryntirion, Tregaron

