

ART THERAPY FOR ALZHEIMER'S DISEASE & DEMENTIA

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Key Words

- **Dementia of the Alzheimer's type**
- **Memory Loss**
- **Safety & Supervision**

ALZHEIMER'S DISEASE

- Alzheimer's disease is a progressive form of dementia that causes an impairment of intellectual functioning

ALZHEIMER'S DISEASE

- Patients have difficulties with decision making, judgment, attention span, memory loss, swallowing, speaking & recognizing close family members

ALZHEIMER'S DISEASE

- **Early in the disease process, patients present deficits in executive functioning: such as performing tasks involving multiple steps like balancing a checkbook or preparing a meal**

ALZHEIMER'S DISEASE

- **Some individuals show personality changes or increased irritability.**
- **In the middle and later stages psychotic symptoms are common.**

ALZHEIMER'S DISEASE

- Patients tend to develop incontinence, gait and motor disturbances, eventually becoming mute and bedridden.

SYMPTOMS

- **Frontal Lobe: Irrational**
- **Parietal Lobe: Disoriented**
- **Occipital: Can't recognize people/objects**
- **Brain Stem: Sleep-Disturbed**
- **Temporal Lobe: Tongue-Tied**
- **Hippocampus: Forgetful**
- **Amygdala: Moody**



IMPROVING QUALITY OF LIFE

Art Therapy

- Fosters social interaction
- Cognition
- Creative expression



PRESENTING PROBLEMS

- Decreased attention span
- Increased wandering & agitation



ART THERAPY



- Uses creative expression as a source of growth and sustenance
- Is a “language of communication”

Art Therapy



Helps those who are unable to express their thoughts with words via creative expression through art

Art Therapy



**A process which fosters
attention, spontaneity
and originality of
expression**

ART THERAPY ACTIVITIES

- Foam sculpture
- Jackson Pollack



ART THERAPY ACTIVITIES

- Paper Mache' Bracelets
- Decorating Bracelets



ART THERAPY ACTIVITIES

- 'Mandala' Painting
- ILAC Cards



ART THERAPY ACTIVITIES

- Travel Collage
- Color Experiments



ART THERAPY ACTIVITIES

- Stamp Painting
- Painting Shells



Art Therapy Activities

- **Art Samples:**
note the
stereotypic
scribbles



Mixed Media Collage



Art Therapy

- **Stimulates active participation**
- **Facilitates creative expression in people who are nonverbal or have deficits in communication skills**

Art Therapy

- Provides the opportunity for experiences
- Motivates learning in all domains of functioning



Art Therapy

- Provides experiences not otherwise available to them
- Creates the opportunity for positive, successful and pleasurable social activity



Art Therapy

- **Increases the ability to use energy purposefully, reduces mal-adaptive behaviors**



Self Portrait of artist William Utermohlen, an American diagnosed Alzheimer's in 1995

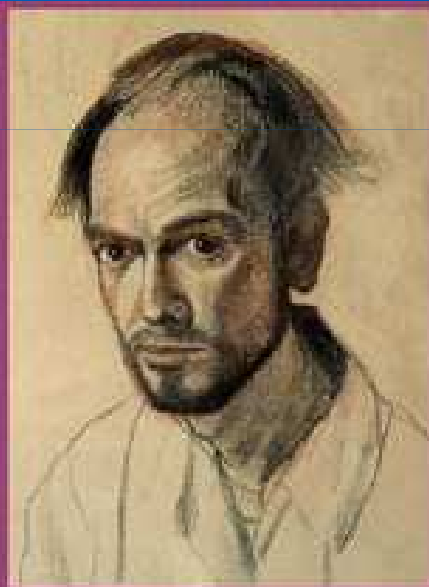
Art Therapy

- Increases interaction with peers & others
- Increases independence & self-direction

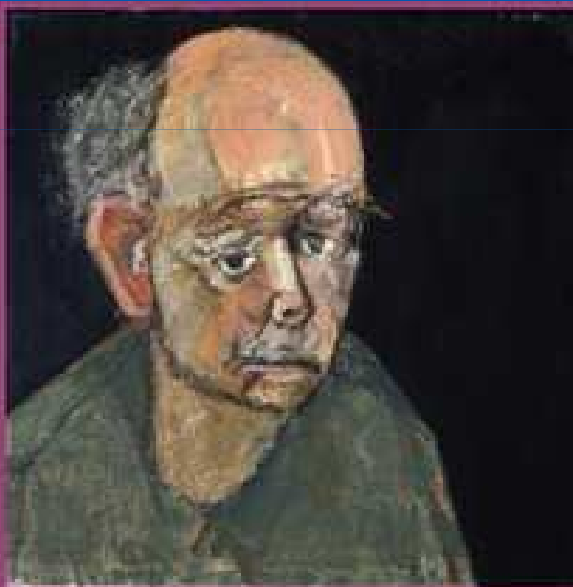


Art Therapy

– Reflects self-image & body awareness



1967



1997



1999

Art Therapy

- Stimulates creativity and imagination
- Fosters memories



CONCLUSION



- **Alzheimer's disease is progressive. Art Therapy helps maintain a sense of dignity, purpose, and self direction through creative expression and socialization.**

FOR MORE INFO...

<http://www.alz.org/>