

# Art

## Benefits of Art

Creating and appreciating art can decrease stress, enhance mood, encourage creative thinking and support overall positive mental health. COVID-19 isolation protocols reinforced the therapeutic effects of creating and engaging in solitary activities of self-expression, such as art, and anyone can make and appreciate art!



## Supporting Art Engagement

Art projects can be completed by residents in their rooms during times of outbreak/isolation, or in small physically distanced groups.



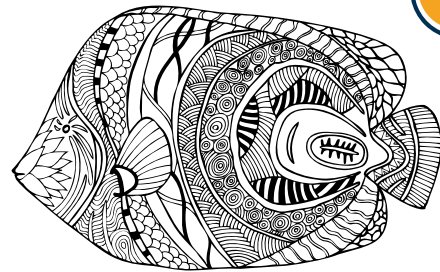
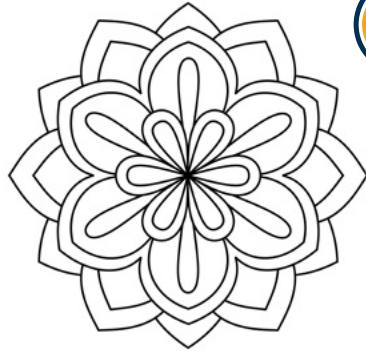
- Encourage resident self-expression of emotions and ideas through art - residents may benefit by having their own supplies.
- Have enough supplies to minimize sharing during a program and select supplies that can easily be disinfected between each use.
- Consider adaptations to supplies that support various residents' abilities:
  - Tools with larger grips (e.g., pencils, pencil crayons, paint brushes)
  - Tape to secure canvas to the table or tray
  - Enhanced lighting.
- The resident may feel overwhelmed at the start of an art project - consider arranging a project in shorter sessions and offer encouragement and cueing or provide a sample they can follow.
- Ask the resident if they would like to listen to music while they create.
- Integrate opportunities for art appreciation into daily conversation or small group programming (e.g. describe and discuss art displayed in the LTC home during hallway walks).
- Engage the resident in reminiscence by using pictures/paintings of places they have been or hold meaning (e.g. their country of origin, a garden).



## Creative Art Programs



- **Google Arts & Culture:** <https://artsandculture.google.com/>  
Explore museums and art galleries using an iPad or laptop with Wi-Fi.
- **Guided online paint tutorials:** [www.stepbysteppainting.net](http://www.stepbysteppainting.net)  
Explore online painting templates. All you need is a canvas, paints and brushes!



- **Adult colouring:** Spark creativity and reduce stress through therapeutic adult colouring of various images (birds, scenery, animals, mandalas). Free online printable pages and virtual colouring applications.
  - **Alli Art Boards:** <https://sensoryscapes.ca/alli-art-boards/>  
Durable, wipeable colouring boards.
- Understand the resident's visual acuity, concentration level, motor skills and what brings them joy when choosing colouring images (e.g. residents living with dementia respond best to high contrast, large, clear, and recognizable shapes and human or animal faces).