



Other Abstracts

Creativity in Care for Persons with Dementia

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Introduction:

Creativity is the ability to produce work that is both novel and appropriate, and is important at both the individual and societal levels. At the individual level, creativity is important for solving problems in daily life; while at the societal level, creativity leads to new scientific findings, movements, inventions and social programmes. (Sternberg et al,1996)

Purpose:

To examine the creative elements of the activities of HKADA in clients with dementia, carers and the organisation under the framework of Sternberg.

Method:

Focus group discussion and observation of activities.

Result:

1. Persons with dementia:

By adding recreational elements, especially those of a traditional Chinese nature which clients are familiar with, such as Chinese Calligraphy, traditional music and Chinese opera, arts and crafts, etc., into different daily programs for clients with dementia at the Day Centre, changes in behaviours and performance could be observed in clients. Client's attention span, motivation, comprehensive and expressive functions were increased. At the same time, some behavioural and mood problems, e.g. wandering, anxiety, repetitive speech, were reduced. The 6 Arts of Chinese intelligence is applied and promoted in therapy and prevention activities.

2. Carers:

A series of programs were organized for caregivers, including mentorship support and motivating them to bring out creativity to different leisure activities. These could successfully reduce their carer stress, and rediscover their innate talents. The caregivers were encouraged to voice out their feelings and needs through different channels, such as writing books and articles in the newsletter, and participate in "Voice-on-Line" discussion forum through the internet.

3. Organisation:

The creativity model was incorporated into the development of the Association. (a) the stimulating environmental design of the new Day Center, such as colourful wall painting; (b) collaboration with Brain Health United* to develop a new treatment device, i.e. portable multisensory kit which could bring the snozelen room into the person's own home; and (c) early screening of people in community with memory problems or early dementia symptoms, and collaboration with family physicians to facilitate early intervention.

Conclusion:

Dementia care offers a model of multi-dimensional application of creativity on an individual and societal level in solving the many problems relating to disease management, enhancing quality of life, humanity and dignity of a person and advancement of society.

*Note: Brain Health United is a joint venture collaborated by the Centre for Telehealth and Telecare of the Faculty of Health and Social Sciences, The Hong Kong Polytechnic University and Hong Kong Alzheimer's Disease Association