



Creative Ageing Special Interest Group Symposium

Thursday 2nd July 2020

Aims & Objectives of SIG:

We aim to support a diverse range of members' interests, but our main aims are to:

- ✿ Share and advocate for high-quality research and best practise in creative ageing
- ✿ Develop and support cross-disciplinary and cross-sectoral partnerships
- ✿ Provide a forum for critical evaluation of methodological and theoretical development
- ✿ Represent members' interests in connection to national/international policy initiatives

We offer virtual and physical spaces for collaborative critical thinking, grounded in social gerontology. A strong emphasis is also placed on supporting and mentoring emerging researchers in the creative ageing field, through knowledge exchange and research mentoring.

Joining the SIG:

- ✿ If you would like to be part of the Creative Ageing SIG, please contact our Chair:
emilybradfield19@gmail.com
- ✿ Please also follow us on Twitter @BSGcreativeSIG



Creative and Participatory methods for understanding what it means to age creatively

9.15am - Welcome from Emily Bradfield (BSG Creative Ageing SIG Chair)

9.20am- Presentations

- 🌿 **Creative approaches to person-centred care and support for people with rare dementias**
Emma Harding and Emilie Brotherhood (Dementia Research Centre, UCL)
- 🌿 **Dance for older people: New approaches to understanding therapeutic benefits across domains**
Judith Bek (University of Manchester)
- 🌿 **Beyond volunteering and towards cultural activism**
Julie McCarthy (Greater Manchester Combined Authority)
- 🌿 **How can we make arts in care settings sustainable? Lessons from the cARTrefu programme**
Kat Algar-Skaife (DSDC Wales Research Centre, Bangor University)

10.20am – Break

10.30am – Panel discussion:

- 🌿 **Looking forward – adapting creative ageing research and practice in light of the Covid-19 crisis**

11.00am - Finish



British Society of
Gerontology

Creative approaches to person-centred care and support for people with rare dementias

Emma Harding & Emilie Brotherhood
Dementia Research Centre, UCL

Creative approaches to person-centred care and support for people with rare dementias

20% of people with dementias have a rare form

Of the people with a rare form of dementia:

5-10%

develop
symptoms
under the
age of 65

1%

have an inherited
form with a 50%
chance of
passing it on to
their children

Source: Young Dementia UK; Alzheimer Europe

Some of the rare forms of dementia

Familial Alzheimer's Disease (FAD): an inherited form of typical Alzheimer's Disease, caused by a faulty gene – affecting people as young as 30

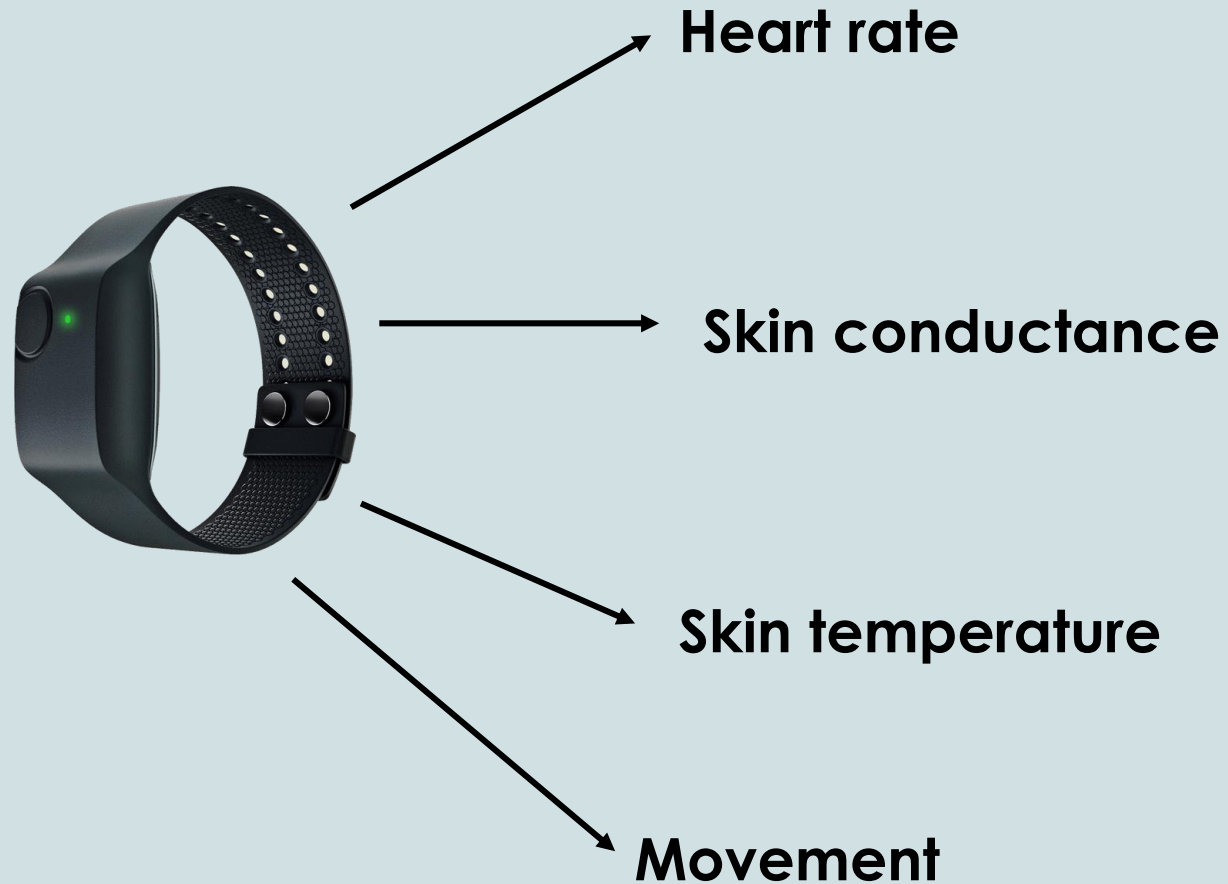
Frontotemporal Dementia (FTD): a group of dementias predominantly affecting behaviour and personality.

Familial Frontotemporal Dementia (fFTD): an inherited form of FTD, caused by a faulty gene.

Posterior Cortical Atrophy (PCA): a progressive condition predominantly affecting visual and spatial perception.

Primary Progressive Aphasia (PPA): a group of dementias predominantly affecting language skills such as comprehension.

Using physiological measures





A) Capturing the **impact** of creative activities...

...**on** lived experience

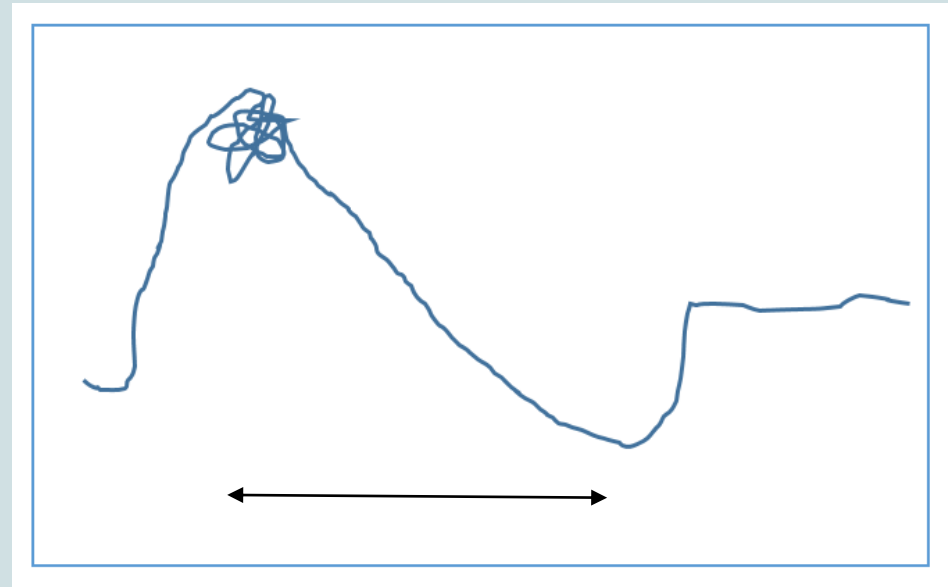
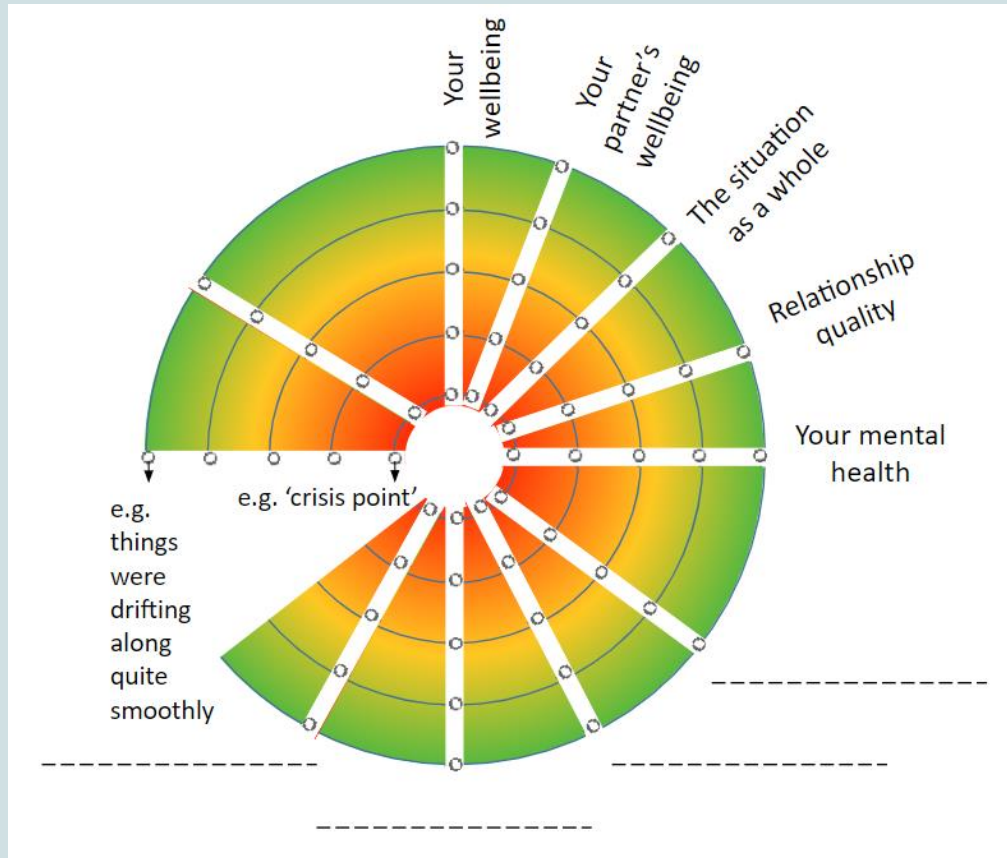


B) Capturing **lived experience**...
creative activities

...**using**

Methodological creativity for capturing lived experience of rare dementias

"My mother remembers who I am and what she had for breakfast, but she tries to put her socks on over her shoes."



Adapting creative ageing research and practice in the time of COVID-19

Remote data collection - RDS Impact protocol

Rare Dementia Support group meetings

- Small online discussion groups
- Large format webinars

Supporting activity engagement at home



<https://www.raredementiasupport.org/wp-content/uploads/2020/05/Arts-and-culture-resources-2020.pdf>

Concluding thoughts...

- The value of person-centred creative activities for plwd are becoming increasingly recognised
- The experiences of people with rarer forms of dementia need to be captured in an appropriate way
- Particular creative methods can be used to increase accessibility for people living with rarer forms of dementia
- Learning from Covid-19 adaptations and their long-term impacts
- Research which utilises creative methods and adapts delivery helps to overcome some of the main barriers to research

Thanks & acknowledgements

Our participants living with a rare dementia

Our participants who support their spouse,
relative or friend living with a rare dementia

Follow us on Twitter for further updates:

@RDS_ImpactStudy

@emma_harding_

@embrotherhood





British Society of
Gerontology

Dance for older people: New approaches to understanding therapeutic benefits across domains

Judith Bek

University of Manchester

Dance for older people: New approaches to understanding therapeutic benefits across domains

Judith Bek

Body Eyes and Movement (BEAM) Lab

Division of Neuroscience and Experimental Psychology

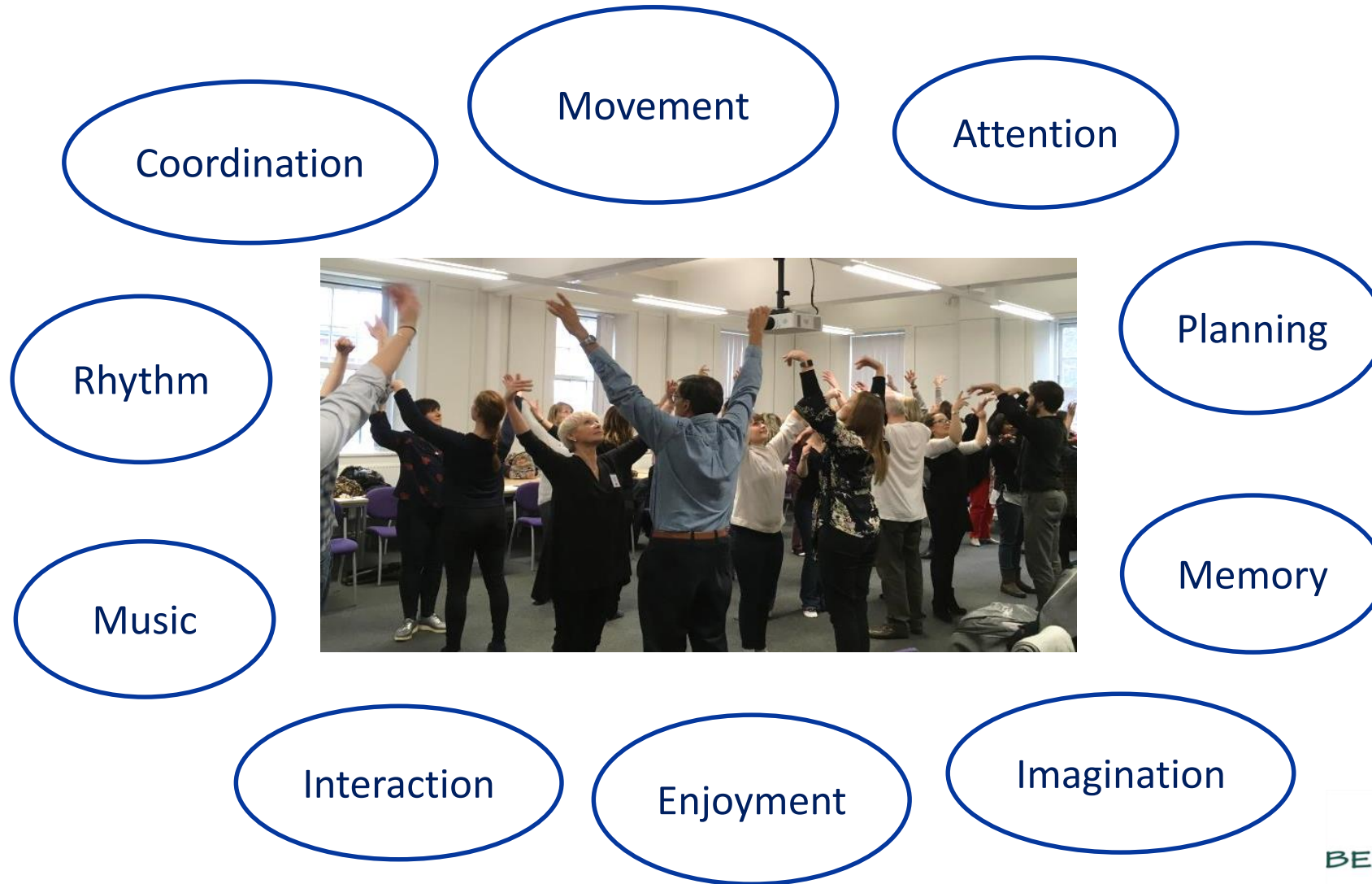
The University of Manchester

@BEAM_Manchester



Dance for older people

Dance as a therapeutic activity



Dance for older people

Dance as a therapeutic activity

Movement	Cognition	Well-being
Balance & posture	Visuospatial	Mood
Gait	Executive function	Participation
Mobility		Quality of life

Kshtriya et al. (2015); McNeely, Duncan & Earhart (2015); Shanahan et al. (2015)

The Guardian **Parkinson's disease and dance: 'It keeps me alive'**

There is growing appetite for dance among the 145,000 people in the UK with the degenerative neurological disease



Research suggests dance classes can help people with Parkinson's tackle domestic tasks more effectively. Photograph: Rachel Cherry



Ballet



Tango



Mixed styles



Dance for older people

Motor simulation in dance

- Activation of sensorimotor brain areas through:
 - Action **observation**
 - **Imitation** (copying/mirroring)
 - **Imagery** (imagining – visual; kinaesthetic)
- Role in movement, interaction, communication
- Used within dance...

(Bek et al., 2020; Blasing et al., 2012)



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Neuroscience and Biobehavioral Reviews

journal homepage: www.elsevier.com/locate/neubiorev



Review article

Dance and Parkinson's: A review and exploration of the role of cognitive representations of action

Judith Bek^{a,*}, Aline I. Arakaki^a, Adam Lawrence^a, Matthew Sullivan^b, Gayathri Ganapathy^c, Ellen Poliakoff^a

^a Division of Neuroscience and Experimental Psychology, School of Biological Sciences, Faculty of Biology Medicine and Health, Manchester Academic Health Science Centre, University of Manchester, Oxford Road, Manchester, M13 9PL, United Kingdom

^b School of Science and the Environment, E432 John Dalton Building, Manchester Metropolitan University, Oxford Road, Manchester, M16 5BH, United Kingdom

^c Equilibrium International, 6 Stretton Avenue, Manchester, M20 6HE, United Kingdom



- Dance training affects imagery ability and neural response to others' actions

(e.g., Cross et al., 2009; Nordin & Cumming, 2006).



Dance for older people

Pilot study: *More than Movement*

- Co-developed dance class
- Based on ENB dance for Parkinson's
 - Ballet and Bharatnatyam
 - 'Motor simulation' - observation, imitation, imagery
 - Story-telling, facial/bodily expression ('communicative actions')
- Quantitative and qualitative data
- Dissemination workshop
- Photography project

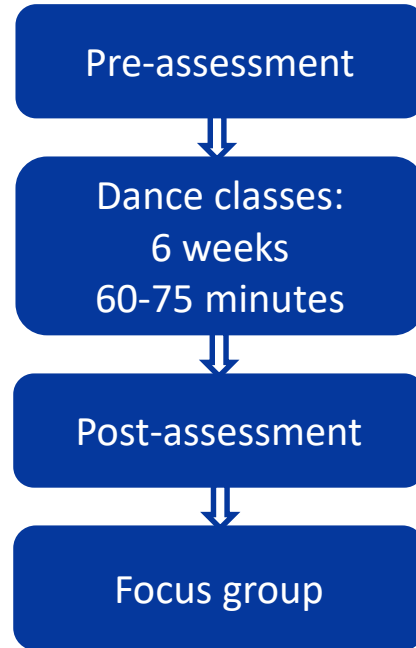


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Dance for older people

Pilot study: methods



- 10 participants
- Lab-based measures pre/post
 - Action observation (watching dance)
 - Motor imagery (imagining movements)
 - Activities of daily living
- In-class activity (accelerometers)
- Mood ratings
- Social time and feedback



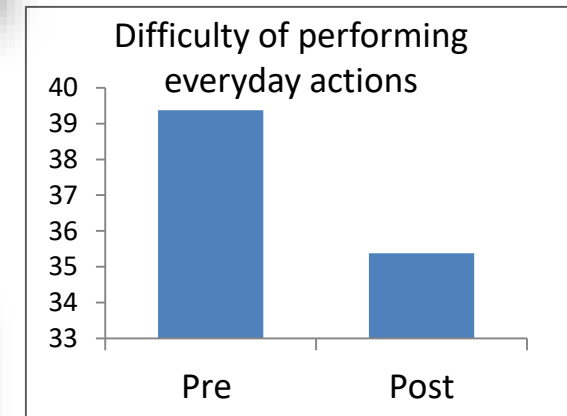
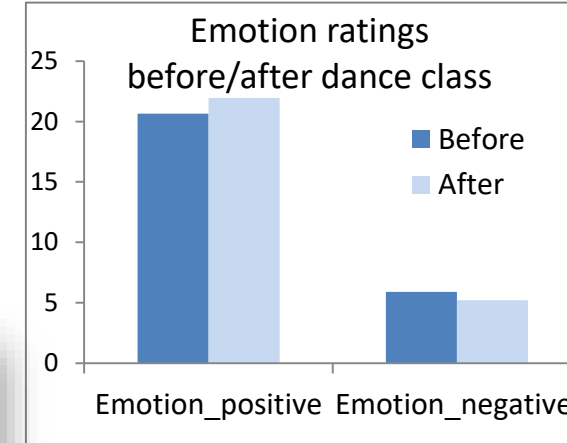
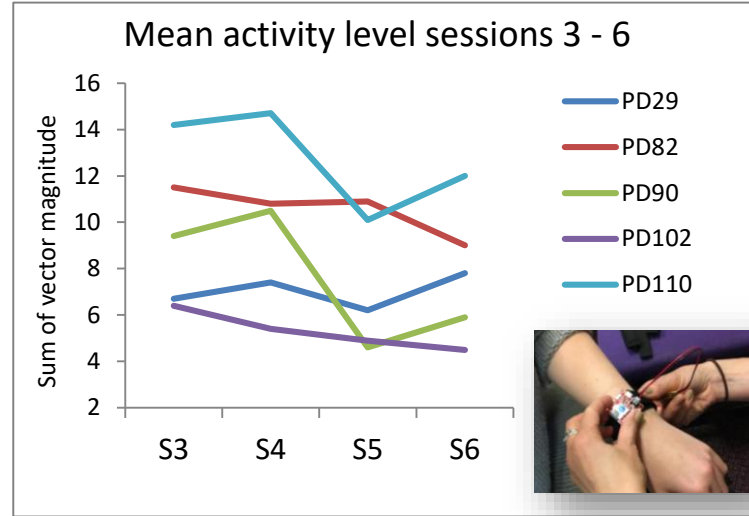




Dance for older people

Pilot study: quantitative findings

- Reduced variability in movement?
- Mood improved after class
- Pre/post measures:
 - Reduced difficulty in everyday tasks
 - Changes in action observation (watching dance)
 - No change on motor imagery measure



Dance for older people

Pilot study: qualitative findings

...very creative **using your imagination** and yet...physically some of the things that you did unknowingly helped me

- Motor simulation during classes and in everyday life
- Learning new movements
- Increased freedom of movement
- Creativity
- Confidence

Imitation and...imagery I think has been very helpful for me because I like using that side of my brain that is about that **creative** thing but it helps me do something **functional**

Imagination helps with movement in normal life... I have used the 'lotus' flower movement **to help with some daily tasks** at home, and the 'weaving' to stretch during the day



Dance for older people

Practitioner survey

MANCHESTER
1824
The University of Manchester

Dance, ageing and neurodegenerative conditions

Page 2 of 5

Please tell us a bit about yourself and the dance classes you provide:

10. Groups catered for (older adults, Parkinson's, dementia etc.): please list all.

- Use of elements (“always”/ “often”):
 - Visualisation **70%**
 - Imagining sensations **62%**
 - Mirroring/imitation **94%**
- Effects noticed:
 - Balance **81%**
 - Posture **79%**
 - Fluidity **77%**
 - Gait **79%**
 - Social skills **77%**
 - Self awareness **79%**
 - Creativity **68%**

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“We use a lot of imagery. Rather than saying for example lift the arm in front and then to the side, we might say **imagine you are reaching forwards and then opening a door**”

“Using imagery... has allowed participants to **embody different qualities**”

“...to **watch and perform what their partner is doing**...helps them think about where they are in space and how they move on to different configurations”



Dance for older people

Participant survey

- 'At-home' dance resources
- Co-designed: dance artists, physiotherapists, people with Parkinson's
 - Use of resources – type, frequency
 - Engagement – processes involved
 - Advantages and disadvantages
 - Benefits
 - Barriers to participation
 - Future use
- Results to be shared with practitioners/ organisations for rapid implementation

DANCE for PD[®] AT HOME


Dance for PD is committed to supporting our global community and encouraging people living with Parkinson's to keep dancing during a time when live classes may not be available.

On the page below, we are providing and regularly updating:

- + Live Classes and Meetups – Daily live online classes
- + Streamed Class Archive – Free on-demand access to all classes of the week
- + Free Activities – Free access to a selection of exercises
- + Dance by Phone – Free Dance for PD activities for people with no internet access
- + Affiliated New York Classes – Join a PD Movement class in New York
- + Affiliated Global Classes – Check out classes created by other DANCE for PD affiliates

DANCE for PD PRESENTS LIVE CLASSES ON ZOOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Guided Meditation 10:30-12:30 AM NY JOIN US				Guided Meditation 10:30-12:30 AM NY JOIN US		
Dance for PD* 11 AM-12 PM NY JOIN US	Dance for PD* 11 AM-12 PM NY JOIN US	Dance for PD* 11 AM-12 PM NY JOIN US		Dance for PD* 11 AM-12 PM NY JOIN US	Pilates for PD 11 AM-12 PM NY JOIN US	
		Guided Meditation 5-6:15 PM NY JOIN US		Sing for PD 1-2 PM NY JOIN US		


Menu **ROYAL ACADEMY OF DANCE** Login



Dancing at home

We've created content to help you make the most of dancing at home.

[FIND OUT MORE >](#)

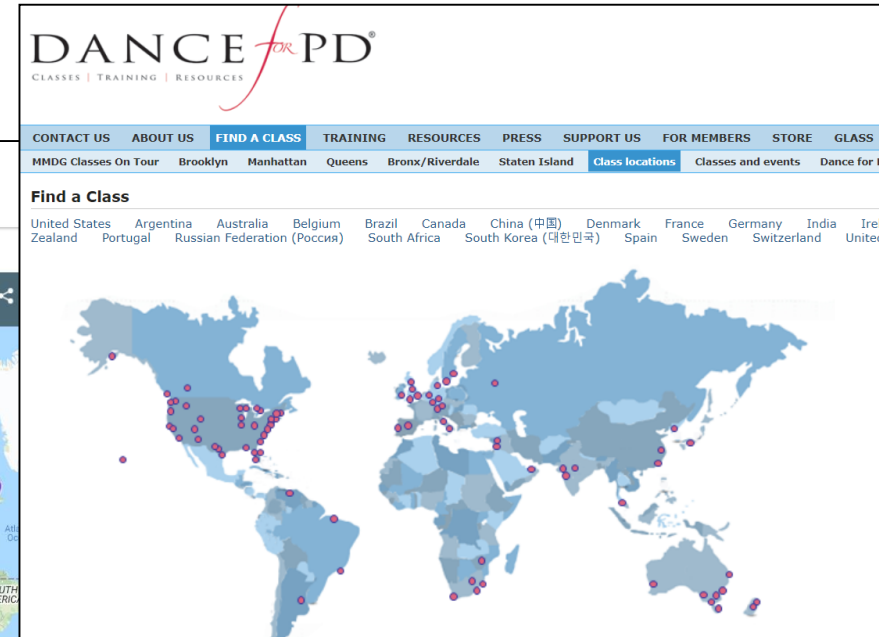
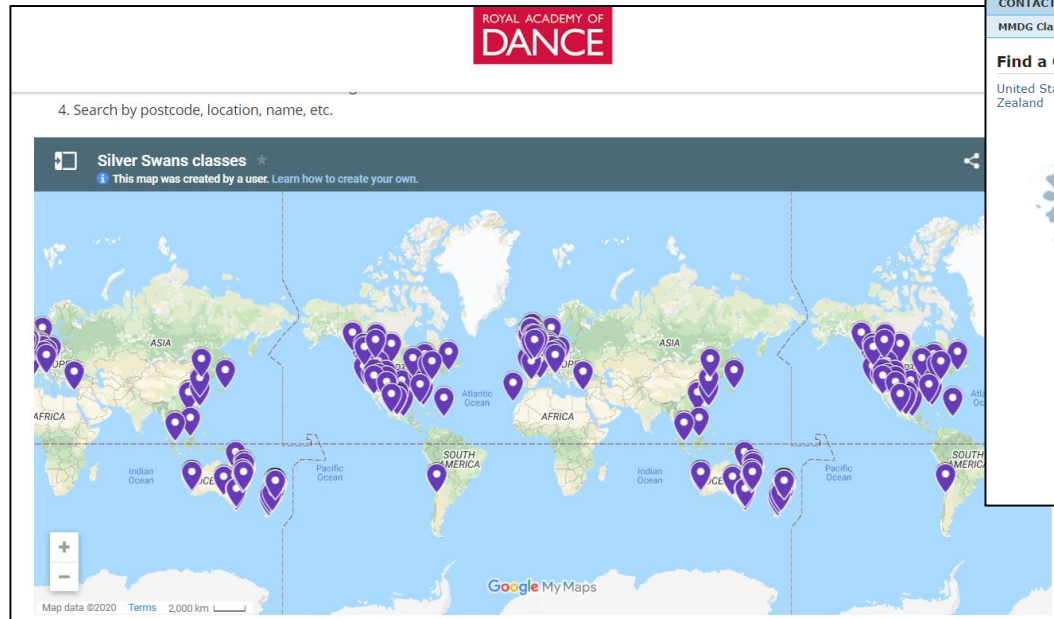


RAD@Home



Dance for older people

Participant survey



Dance for older people

Future directions

- Digital tools for practice and research
- Motor simulation: can digital dance classes engage the same mechanisms/produce similar effects?
- What about the social element?
 - Motor simulation
 - Non-motor benefits
 - Long-term sustainability
- Interdisciplinarity and mixed methods



Thanks to...



Gayathri Ganapathy

Helen Gould

Rachel Johnston

Aline Arakaki

Matthew Sullivan

Adam Lawrence

Ellen Poliakoff



E · S · R · C
ECONOMIC
& SOCIAL
RESEARCH
COUNCIL

MANCHESTER
1824

The University of Manchester
Institute for Collaborative
Research on Ageing

Photo credits:

Chris Currie

Jill Jennings



judith.bek@manchester.ac.uk

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Gerontology

Beyond volunteering and towards cultural activism

Julie McCarthy

Greater Manchester Combined Authority

SOCIAL AND
ECONOMIC
IMPERATIVES FOR AN
AGE FRIENDLY
CULTURAL OFFER

Dividend?

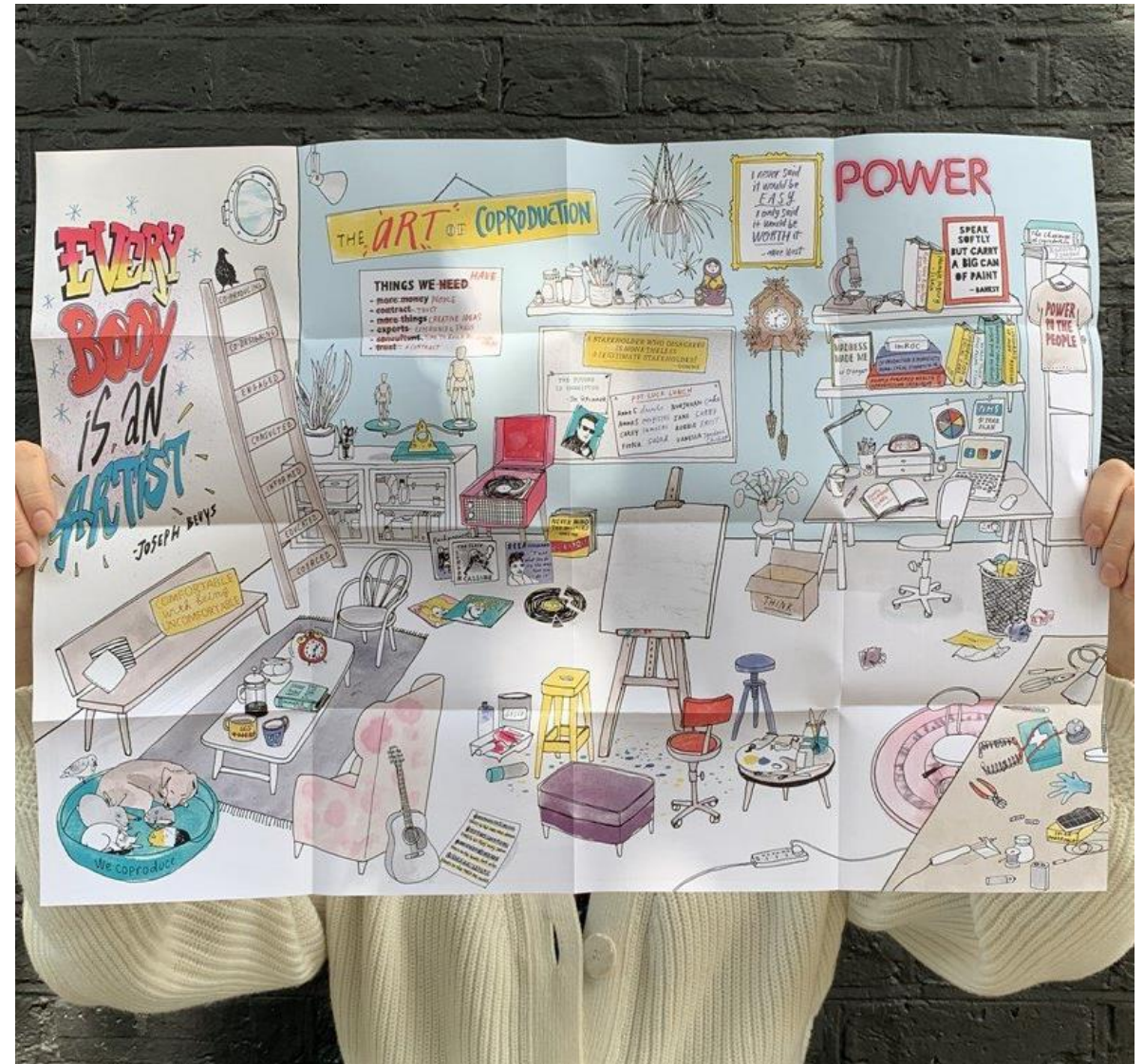
Just in 2018, older people in Greater Manchester spent approximately £3.5 billion on recreation, culture, restaurants and hotels – that equates to nearly half of all spending by the city region's residents.



Co-production

A relationship where professionals and citizens share **power** to plan and deliver support together, **recognising** that both partners have **vital contributions** to make in order to improve **quality of life** for people and communities.

(New Economics Foundation)



People as agents of
change not
recipients of
assistance =
Activists



PINK PURSE

LGBTQ Cabaret

Friday 20th March - doors open 7:30pm

Stretford Public Hall - M32 OLG

Suggested donation on the door £5-£10...free entry for over 50's...BSL signers, wheelchair accessible...Bar available...

Reserve your ticket at:
<https://pink-purse-cabaret-03-20.eventbrite.com>

More information:  pinkpurse.cabaret



Culture Champions has given life to a whole load of ideas and events which would never have otherwise happened. It's brought people together and given us a great deal of new skills, friendships and great chats. I now feel that Stretford Public Hall is more 'my' hall instead of just another building on the A56. It's great to feel part of Trafford's cultural programming.



Home

Site Specific

Bramble Richard

Film

Events

I enjoy exploring the possibilities of a given medium

That's why I love site-specific work, because every site is its own, unique, medium

And, if that site, that place, happens to be neglected or run down, then, for me, so much the better







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How can we make arts in care settings sustainable? Lessons from the cARTrefu programme

Kat Algar-Skaife & Sarah Lord
Bangor University & cARTrefu, Age Cymru

How can we make arts in care settings sustainable?

Lessons from the cARTrefu programme

Dr Kat Algar-Skaife

DSDC Wales Research Centre, Ageing & Dementia @ Bangor University

✉ k.algar@bangor.ac.uk

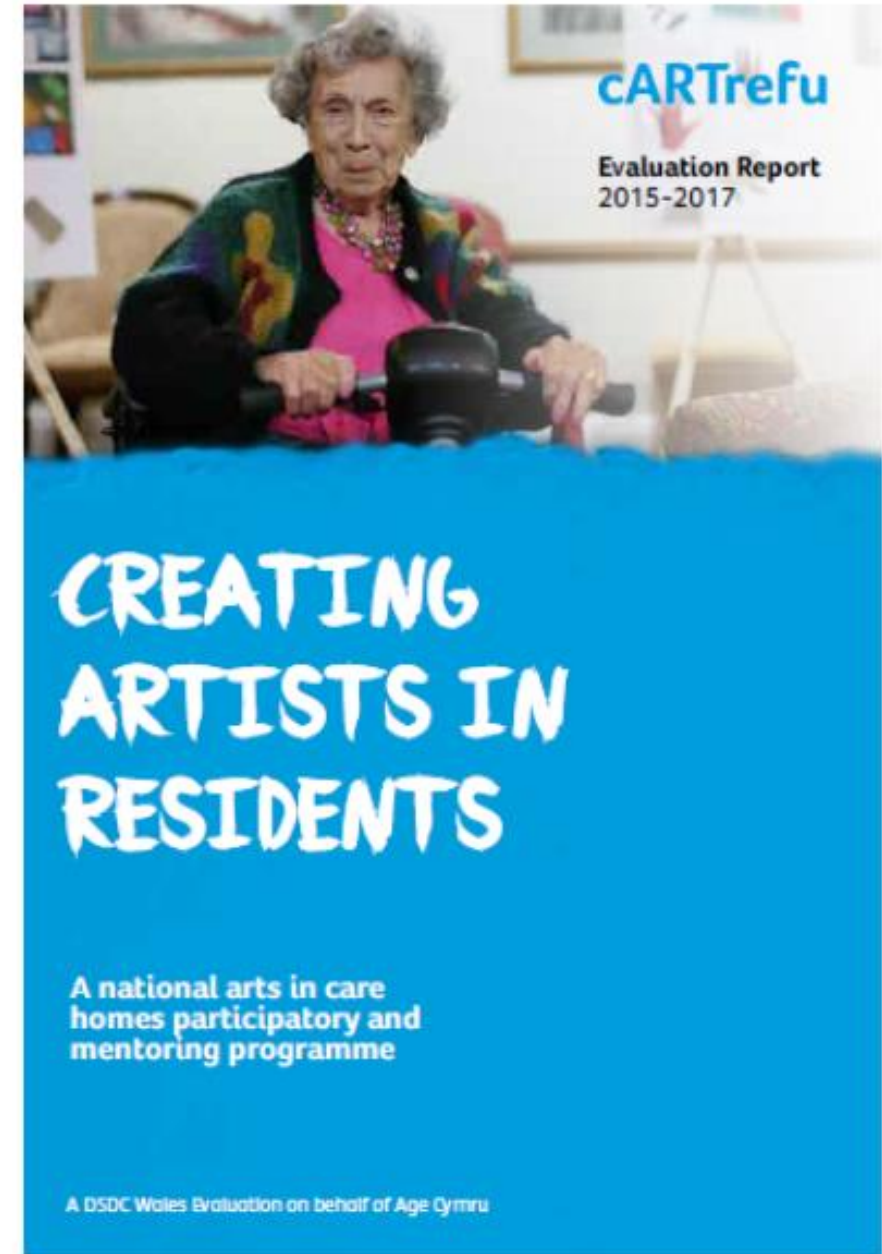
🐦 @kat_algar

☎ 01248 382226

The Baring Foundation



- cARTrefu Evaluation Report 2015-2017
- Launched in Senedd in October 2017
- <https://www.ageuk.org.uk/cymru/our-work/arts-and-creativity/cartrefu/>



Why did we need an SROI?



- Provide additional evidence on social value generated
- Demonstrate value to commissioners & new investors [i.e. funding bodies / policy makers] to enable informed decisions for resource allocation

Existing large data set → Retrospective SROI

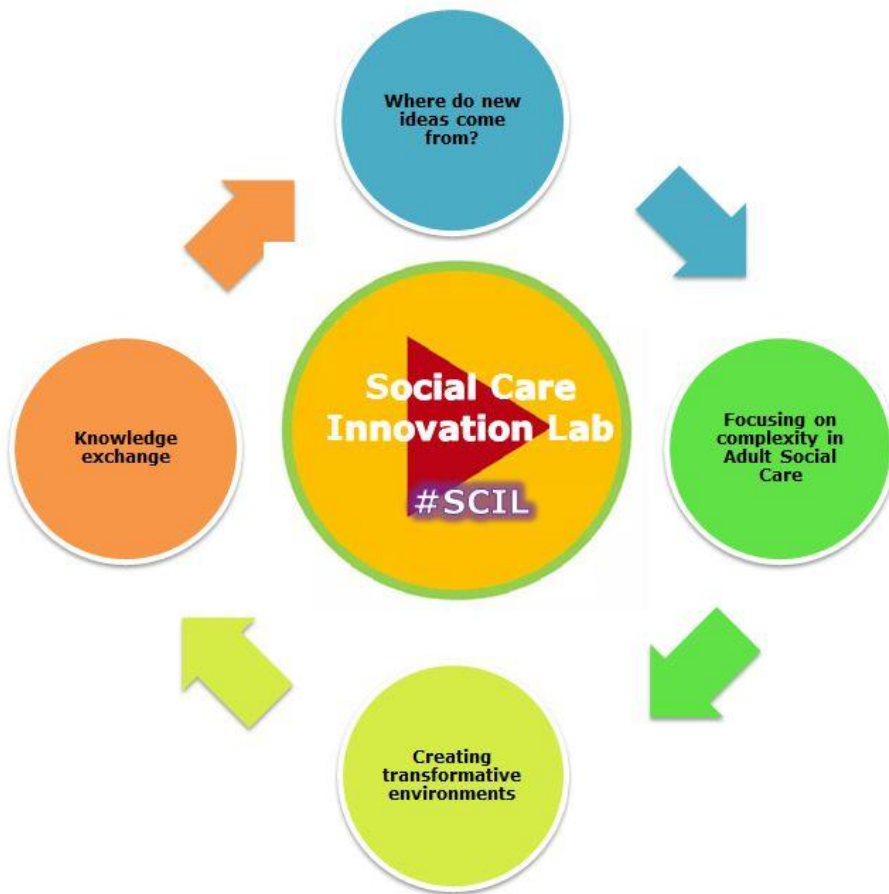
cARTrefu: *Creating artists in residents*

*A national arts in care homes
participatory and mentoring programme*

▶ ▶▶ 🔊 0:02 / 4:28



Moving forwards....



- How can the cARTrefu approach be embedded within the social care sector as a way of:
 - Meeting the wellbeing needs of care home residents living with dementia;
 - Building positive staff/resident relationships; and
 - Upskilling staff?



cARTrefu

Creating Artists in Residents

Sarah Lord – cARTrefu Project

Phase 3 and the Effects of COVID-19

sarah.lord@agecymru.org.uk

agecymru.org.uk/cartrefu



CARTrefu - Age Cymru



cartrefu_age_cymru



COVID-19: Impact on Artists



cARTrefu

Fortnightly e-newsletter

cARTrefu

The current situation with COVID-19 is having a huge impact on everyone, but we know how hard this is on our friends in the care sector.

Disappointed that we have had to postpone all of our regular workshops and activity plans, we wanted to find another way to help support you, and so we will be sending regular emails to share some 'tried and tested' creative activities developed by our cARTrefu artists, and to also share links to some of the wonderful FREE online creative and cultural resources and events taking place.

Residents have found these sessions fun and interesting, and we hope they may help to lift morale during this difficult time.

We hope you find these emails useful, and we would love for you to share any creations with us on our Instagram #cartrefu

Follow cARTrefu on social media for a virtual cARTrefu Cube tour every Tuesday in May #TourTuesday - the links are on the bottom of this email.



cARTrefu

Welcome to the third edition of our cARTrefu e-newsletter.

We're continuing to share some 'tried and tested' creative activities developed by our cARTrefu artists, and to also share links to some of the wonderful free online creative and cultural resources and events taking place. We know this is a difficult time for our friends in the care sector, and we want to help lift morale where we can, so we hope these suggestions help a little.

These creative sessions have been enjoyed by residents and care staff during cARTrefu residencies and we hope they'll help to make things fun for all involved during this difficult time.

Frontline support service

Frontline19 offers free and confidential emotional support to workers on the front line of Covid-19.

For more information, please visit their website - <https://www.frontline19.com/>

We hope you find these emails useful, and we would love for you to share any creations with us on Instagram #cartrefu

Follow cARTrefu on social media for a virtual cARTrefu Cube tour next Tuesday #TourTuesday - the links are on the bottom of this email.



cARTrefu

Welcome to the second edition of our cARTrefu e-newsletter.

We know how hard things are for our friends in the care sector during this time, and we want to help in any way we can. As we can't be with you in person, and other artists and entertainers unable to enter your homes, we want to share some 'tried and tested' creative activities developed by our cARTrefu artists, and to also share links to some of the wonderful free online creative and cultural resources and events taking place.

These creative sessions have been enjoyed by residents and care staff during cARTrefu residencies and we hope they'll help to make things fun for all involved during this difficult time.

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Follow cARTrefu on social media for a virtual cARTrefu Cube tour every Tuesday in May #TourTuesday - the links are on the bottom of this email.



cARTrefu

Welcome to the fourth edition of our cARTrefu e-newsletter.

We want to thank you for all that you do, now and always. Being there for our loved ones, caring for them and keeping smiles on their faces when we're unable to be with them.

As we can't be with you at present, we're exploring ways of bringing our workshops and activity plans to you online. We'd really appreciate it if you could take a moment to complete the following survey to share your opinions on this. Many thanks in advance.

<https://www.surveymonkey.co.uk/r/cARTrefu>

Emma Prentice, one of our wonderful former cARTrefu artists, has published a short workshop for people to make, wear, and share wristbands to show appreciation for all care home workers across Wales. #wearitforcaresworkers Watch the video - <https://youtu.be/MvbyrEZ3fH4> Maybe your residents would like to have a go at designing a wristband.

Continuing from the previous editions, we're sharing creative activities developed by our cARTrefu artists, and links to some of the wonderful free online creative and cultural resources and events taking place.

Understandably, creativity may not be at the top of everyone's agenda at the moment, but we also know how important it is for care staff and residents to have those moments of fun when and where possible.

We hope you find these emails useful, and we'd love for you to share any creations with us on Instagram #cartrefu

Follow cARTrefu on social media for further updates, videos and photos - you can click on the links are on the bottom of this email.

You can still apply for the free cARTrefu activity plans and care home workshops by completing this [application form](#)

Frontline support service

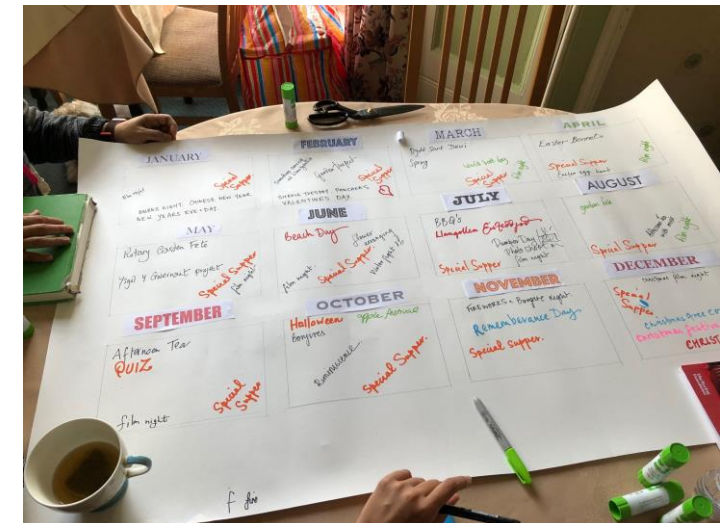
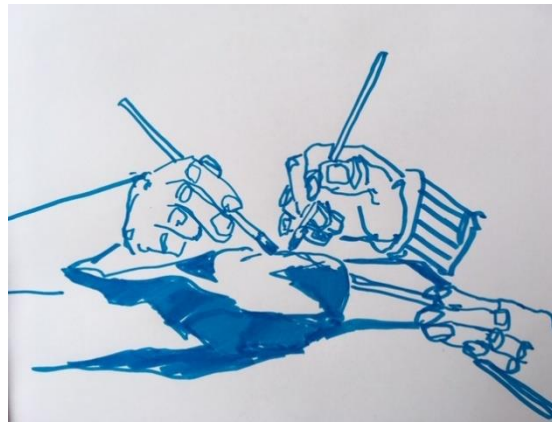
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cARTrefu

Empowering – Care Home Activity Plans



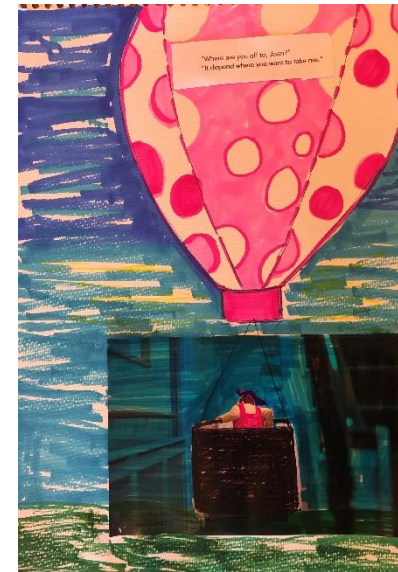
cARTrefu

Empowering – Care Home Workshops



cARTrefu

Building Capacity - Artist Workshops



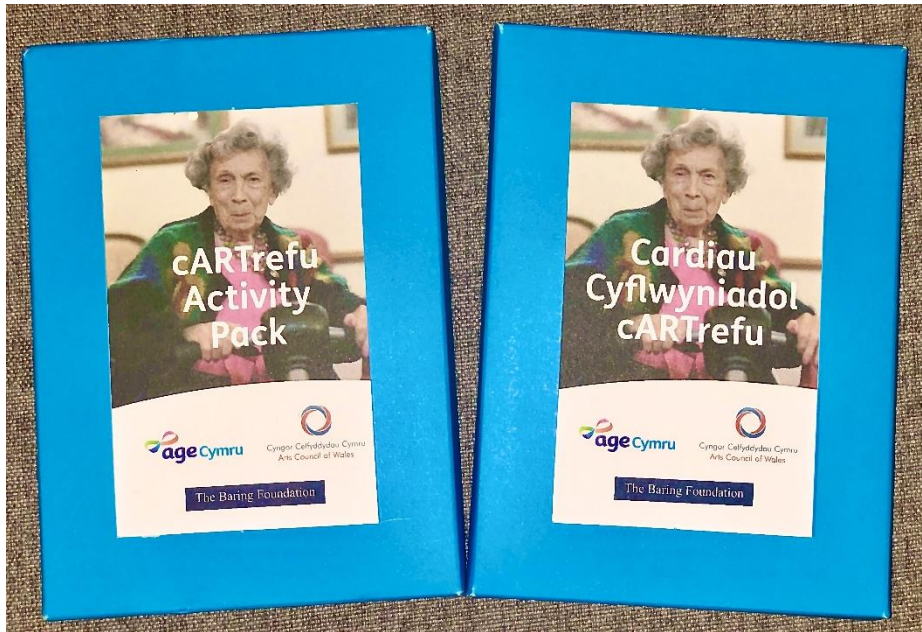
cARTrefu

Raising Awareness – cARTrefu Cube



cARTrefu

cARTrefu Activity Cards



Performing Arts



Visual Arts



Words



Music



Break

We'll be back shortly for our Panel Discussion /
Q&A Session

*'Looking forward – adapting creative ageing
research and practice in light of the Covid-19 crisis'*



British Society of
Gerontology

Panel Discussion / Q&A Session

Looking forward – adapting creative ageing
research and practice in light of the Covid-19 crisis

Join Today!

Enhancing our understanding of later life

The British Society of Gerontology provides a multidisciplinary forum for researchers and other individuals interested in the situations of older people, and in how knowledge about ageing and later life can be enhanced and improved. BSG is a registered charitable company and is the professional organisation representing gerontologists in Britain.



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www.britishgerontology.org