

Person-Centred Art Therapy for People with Dementia, Calgary Zone

Alzheimer Society of Calgary

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Opening Minds through Art (OMA) is an innovative, intergenerational art therapy program for people living with dementia. The OMA program promotes social engagement, autonomy and dignity of people with dementia through creative self-expression opportunities. Best Friends is a model of care for people with dementia emphasizing empathy and friendship and was founded by two experts in the field of dementia research, Virginia Bell and David Troxel.

The purpose of this initiative is to expand the reach of OMA and Best Friends training to up to 25 Adult Day Programs in the Calgary area, thereby building OMA art therapy capacity within participating Adult Day Programs. OMA and Best Friends training provides staff and volunteers opportunities to build close relationships with people affected by dementia while providing person-centred care through creative expression.