

Arts programs

**“maximising
the power of
women”**

Creativity is

- *“Bringing something new of value into Life”*

What is Arts and Health

- This is a pioneering field of work and its definition is still developing
- Becoming recognised in Australia through funding, conferences etc
- Happening in other countries in a more developed form, International networks being developed and relationships growing

Arts has the capacity to:

- Enrich and transform our lives
- Provide caring for caregivers/health professionals
- Contribute to the development of empathy in the medical curriculum
- Support us to learn more easily
- Engage with disadvantaged groups
- Explore sensitive health issues
- Many other ways ????

Guidelines for good practice

The intent of arts programs would be to accomplish one or more of the following goals,

- ❑ Participants have a sense of control and feel empowered
- ❑ Participants feel socially engaged
- ❑ Participants exercise their body and brains to ensure high physical and mental function

To receive the greatest benefits

Arts programs should:

- Be designed to enhance the quality of life of participants (not just as an after thought)

E.g. it should be the aim of the activity.

- Meet the self identified needs of the participants, nothing is imposed, be creative when finding out needs

To receive the greatest benefits

- ❑ The Arts outcome is very important. Employ artists with experience in community arts
- ❑ Demonstrates participatory learning, the design of the program takes into account the abilities of the participants using adult learning principles.
- ❑ Work with the artists to plan activities in small achievable steps that maximise participation

To receive the greatest benefits

- Evaluate the impact both quantitative and qualitative E.g How many people participated and how, also what was their experience like –their stories.
- Plan for sustainability. Plan to increase the funding, or get long term funding, build partnerships with arts organisations, schools, community organisations, local government, and health workers.

Arts can be enabling

- Enables self achievement-
when we have often lost some abilities
- Enables connections-
when we feel less connected to our
communities and families
- Enables our voice to be heard-
when we feel invisible

Arts can be enabling

- Enables feelings and concerns to be expressed-when its hard to find the right words to say
- Enables relationships and new doors to be opened

Back in our organisations

- Is there anything that we can do to improve the creative experiences of our participants
- What are going to be the challenges
- What could we do to make this happen