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Mind/body connection

Damien Finniss, (University of Sydney's Pain Management and Research Institute) reviewed the global pool of research into the placebo effect

"Some placebo responses are tremendously big, they can be as equal as an active drug,"

One study involved people who were taking opioid-based pain killers - switched unknowingly to placebo.

- participants continued to report a benefit from the dummy pills
- confirmed by brain scans.

Another study showed how treating patients via an automated process – (e.g. having a pain killer administered via a computerised pump) could make potent drugs "significantly less effective".

Participants would respond normally to the same dose when it was administered by a doctor

Personalised medical care alone can prompt a placebo effect

Mind/body connection

Increasing dependency on others - loss of independence

Reduced sense of self-worth/self-esteem

Increasing social isolation

Loss of family & friends through death and lack of mobility

Financial worries

Worries about health and physical deterioration

Anxiety caused by memory deterioration, uncertainty, confusion, changed sleep patterns

Significant periods of their time spent waiting . . .
Loss of control over their life
Loss of dignity
Pain, discomfort caused by illness
Side effects of medication
Concerns that they are useless; a nuisance to others

These stresses and anxieties have a significant effect on their physical wellbeing.

Depression

(Reference: beyondblue website)

Depression rates are higher in aged care facilities than in community populations.

As many as 51% of high care and 30 % of low care residents reported as depressed in aged care environments

“Depression is not a normal part of ageing”

ArtLink programs

- develop a sense of community spirit through working toward a common goal



ArtLink programs

- reduce isolation through friendships, shared fun and laughter





ArtLink programs

- improve participants sense of self-worth through individual and group successes



ArtLink programs

- experience the challenges and joys of working together towards a shared goal



“The Knitting Room”





“Beneath the Jetty”







ArtLink programs

- share skills, knowledge, memories, opinions with others

- discover new skills or develop and extend existing skills/talents



Memories translated to ideas for *The Knitting Room*





ArtLink programs

exercise creative abilities - promotes healthy brain function

overcoming physical and mental









There is no such thing as a mistake



“I don’t think they thought we could do this kind of work. I think it’s wonderful – it makes you feel good. You don’t feel as though you’re just sitting here doing nothing. That’s the worst thing out.” – on ABC radio.



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