ScrippsOMA: Preparing Intergenerational Programming for People Living with Dementia after the Pandemic

Elizabeth "Like" Lokon, PhD
Meghan Young, MGS
LinkedSenior #ActivitesStrong Winter Gathering
December 7, 2021

Overview

1. What is OMA?
2. What do people get from doing OMA?
3. Virtual OMA
4. How to get Involved
5. Art making and contest: Tissue Collage
6. Q&A

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What is OMA?

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Typical Arts and Crafts Activities

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Opening Minds through Art (OMA)

- An intergenerational art program for **people living with dementia**
- Developed in **2007**
- Replicated at **200+** locations
- **2,476** Miami students since 2008
- Awards, including Fulbright to Indonesia
- Research: benefits both sides

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OMA is inspired by modern, abstract art

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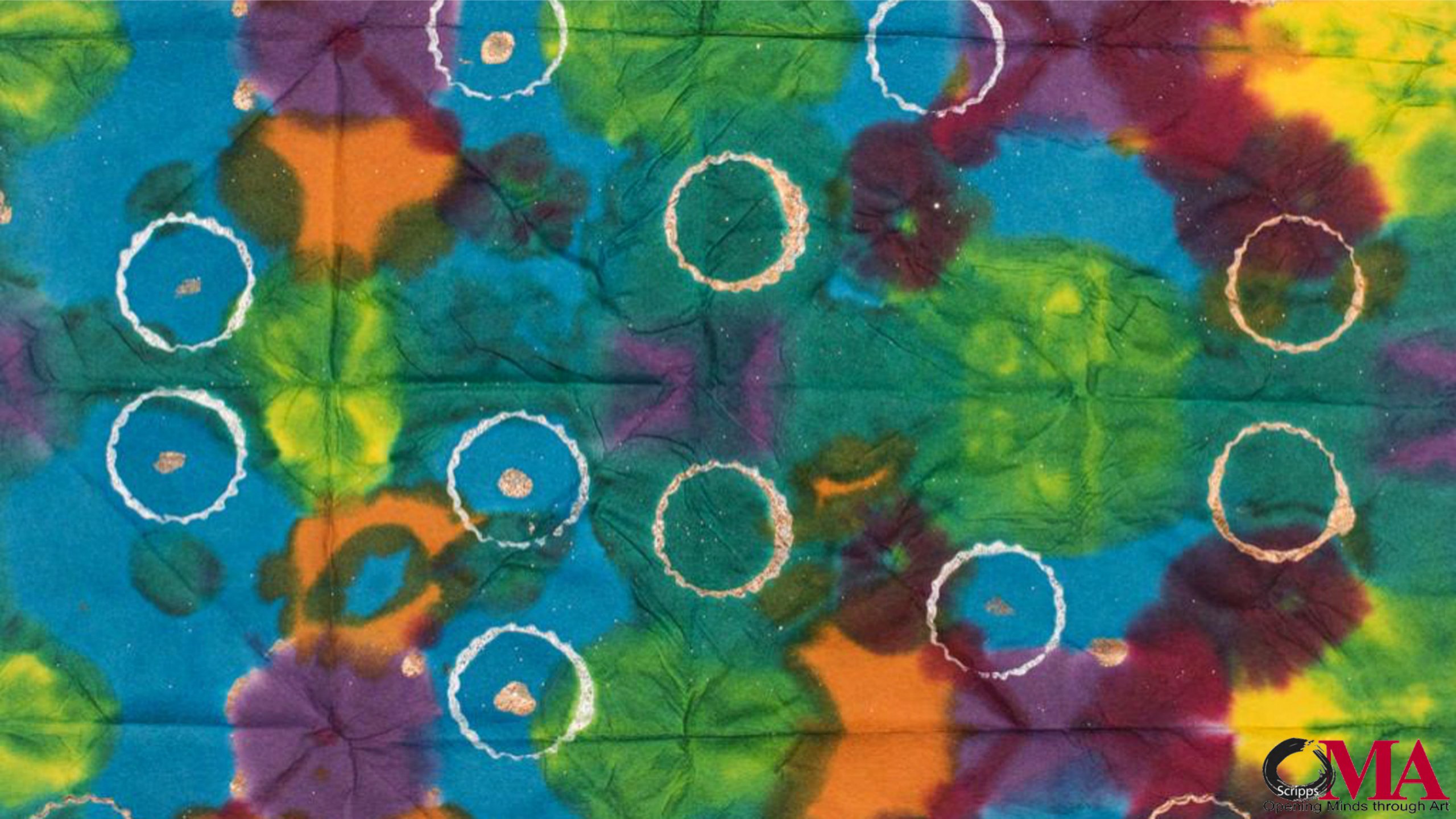
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OMA Art Show

EXIT
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What do people get from doing OMA?

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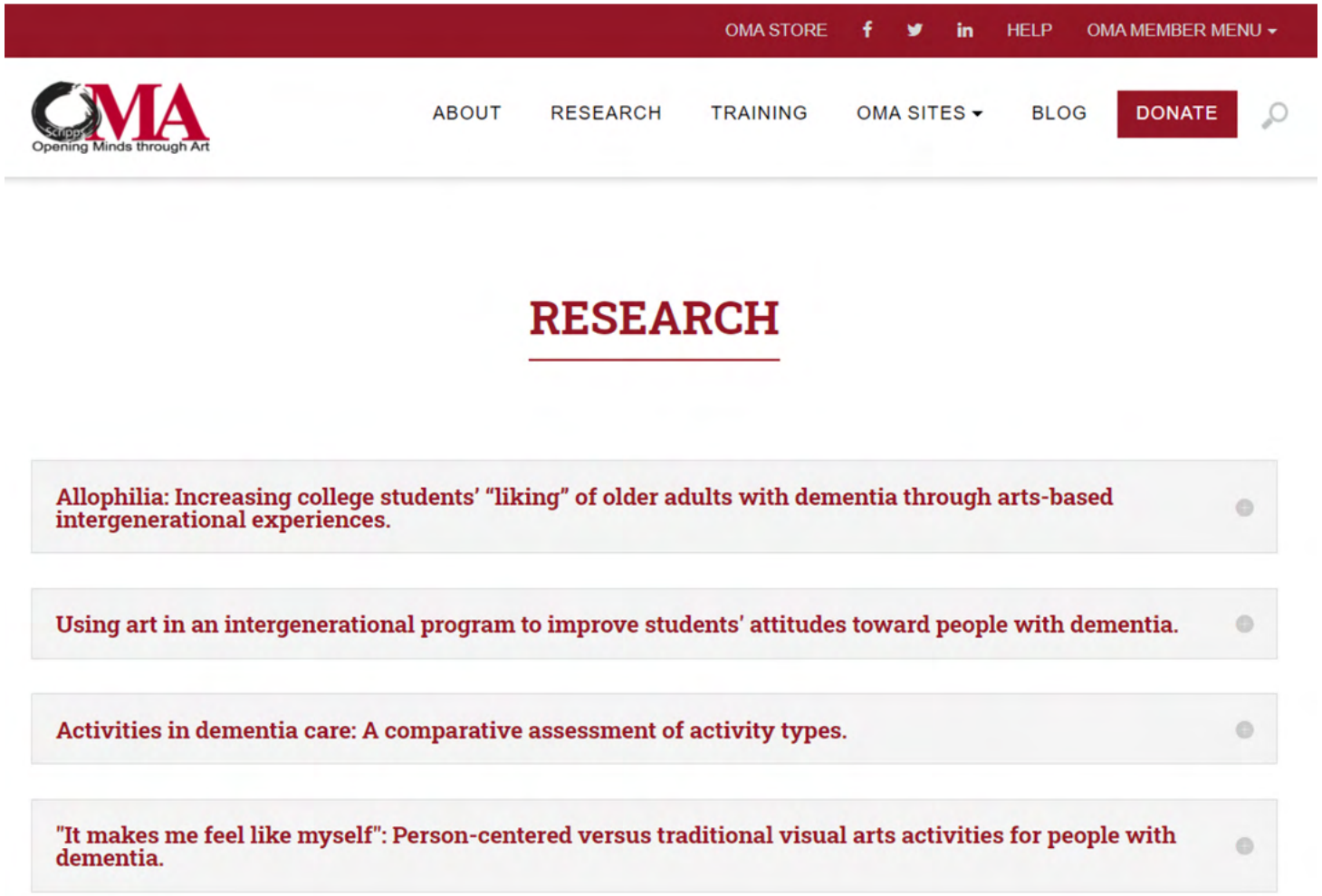
Overview of Research

8 published studies (2012-2021)

- 3 on elders
- 5 on students

All show the benefits for everyone



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Impact on Older Adults (Artists)

What do people living with dementia say about OMA?

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Artists' Feedback Questions

- **ART-MAKING PROCESS:** How much did you enjoy today's art project?
- **SOCIALIZING:** How much did you enjoy talking to other people during the art-making session?
- **AUTONOMY:** How often were you able to do whatever you wanted during the art-making session?
- **PRODUCT:** How much do you like your finished artwork?
- **OVERALL WORTH:** Do you think that your time was well spent?

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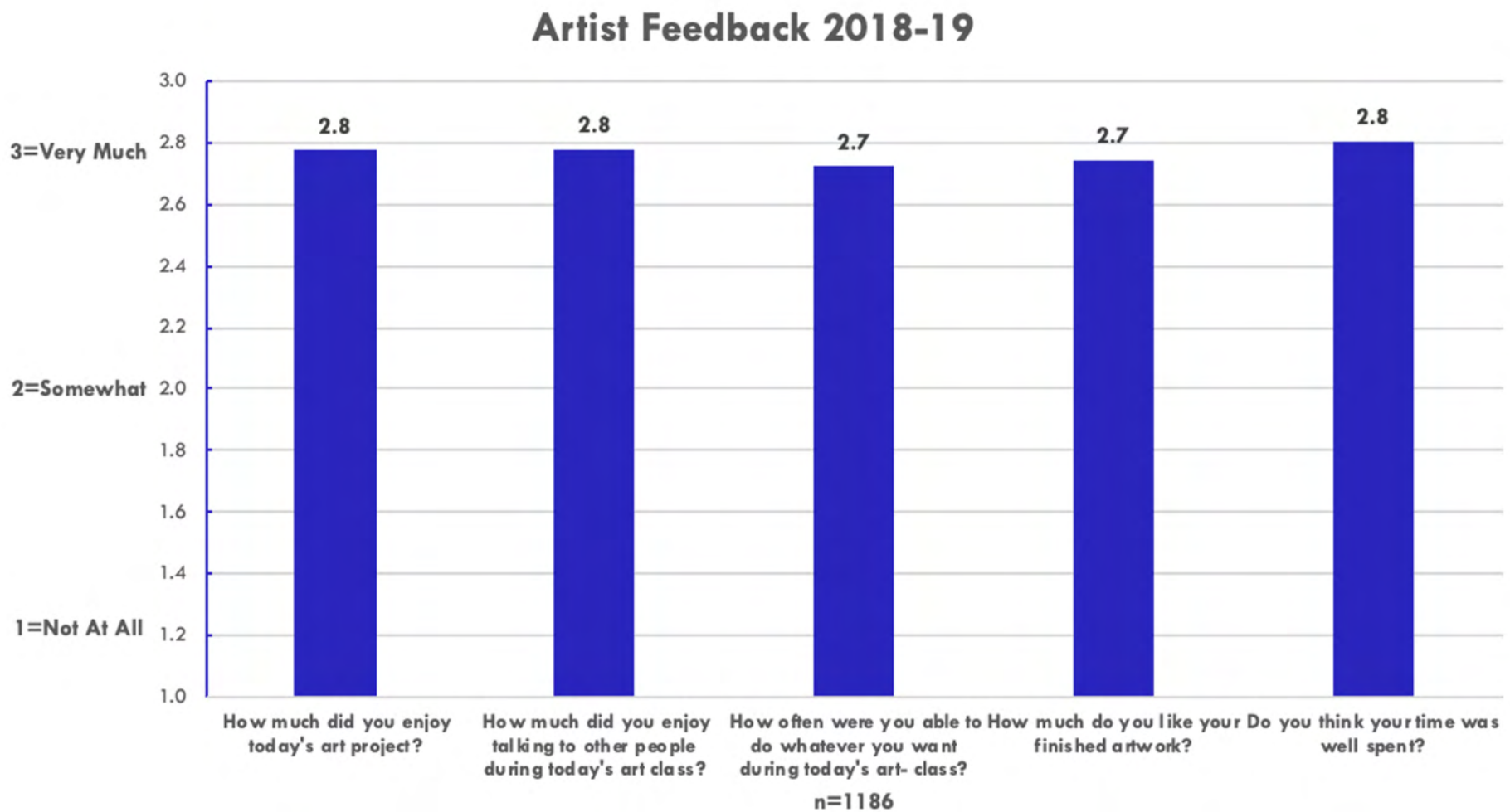
OMA Artist (PLWD) Feedback

(N=1,186 from 7 sites)



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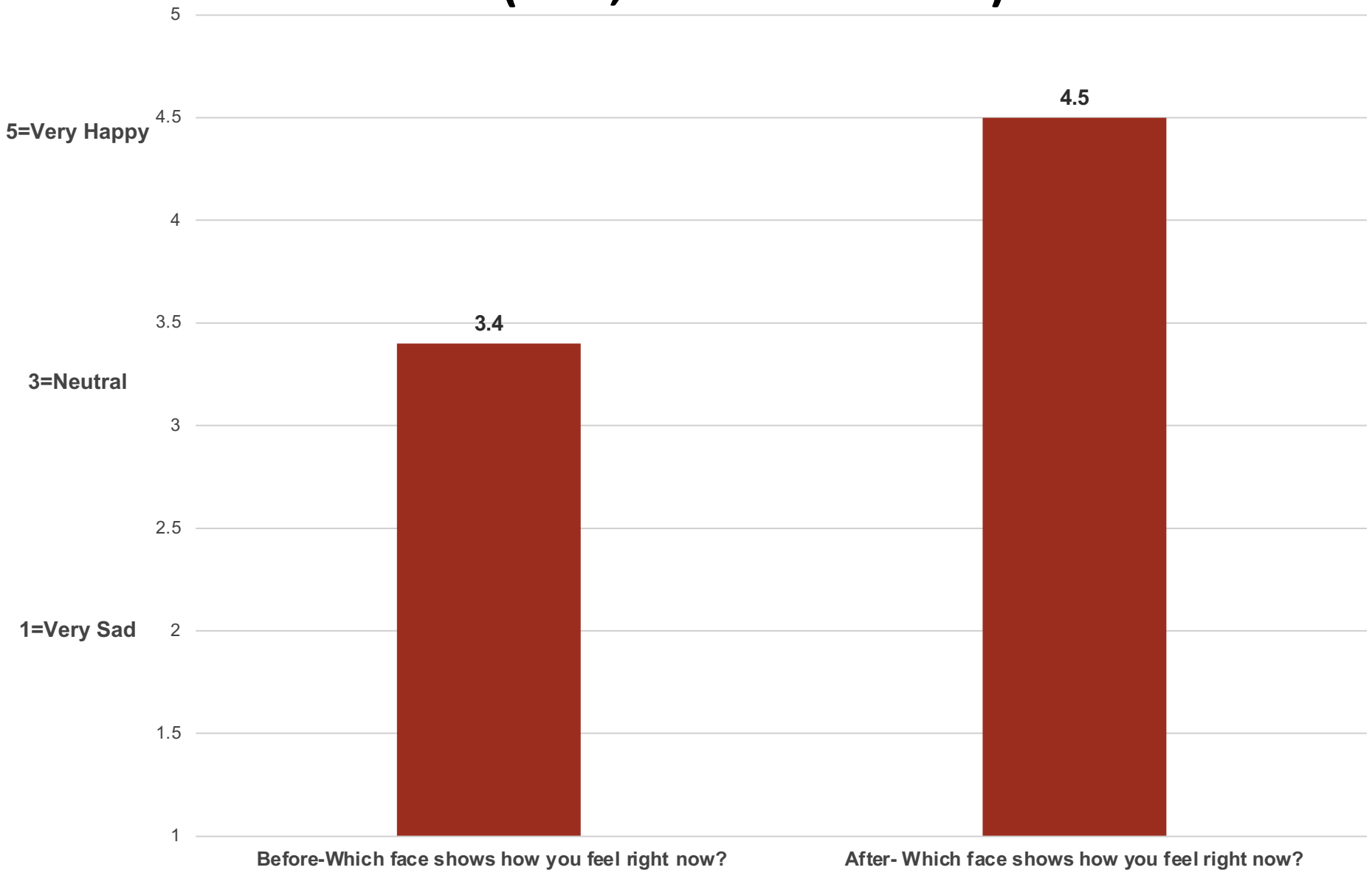
Mood before and after OMA

(N=1,186 from 7 sites)



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Impact on Volunteers

What do volunteers learn from doing OMA?

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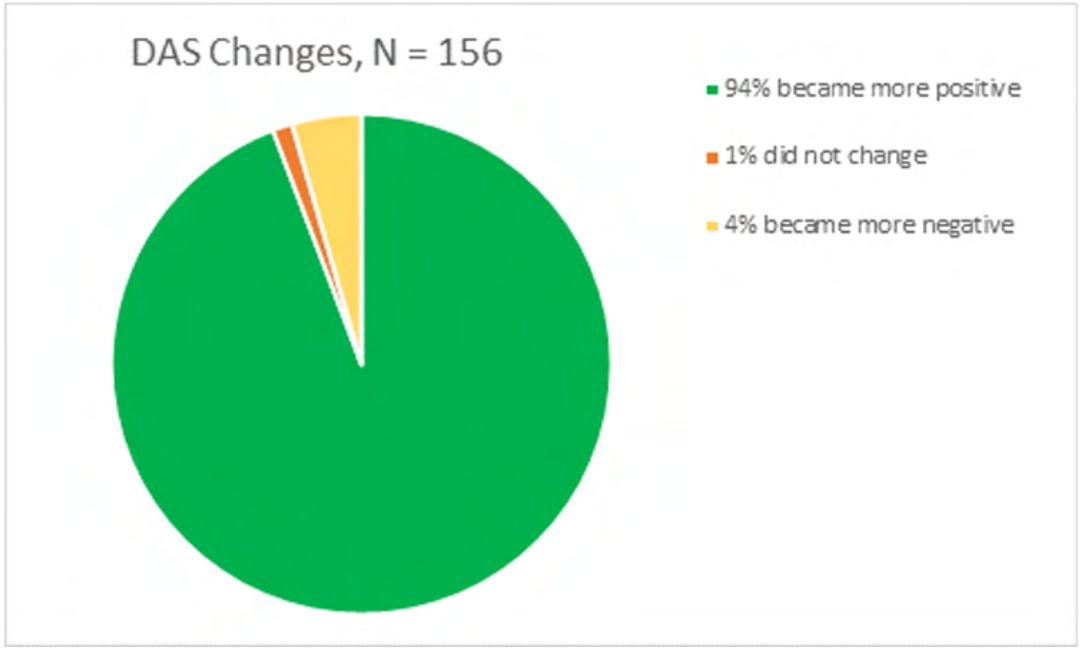
Dementia Attitude Change among Volunteers

- 94 % became more positive (147 students)
- 1% did not change (2 students)
- 4% became more negative (7 students)



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Interaction Increased Social Comfort

It is rewarding to work with people who have ADRD.

I am afraid of people with ADRD. *

I am comfortable touching people with ADRD.

I would avoid an agitated person with ADRD. *

I feel relaxed around people with ADRD.

I cannot imagine taking care of someone with ADRD. *

ADRD = Alzheimer's Disease and Related Dementias

* = Reverse-scored items

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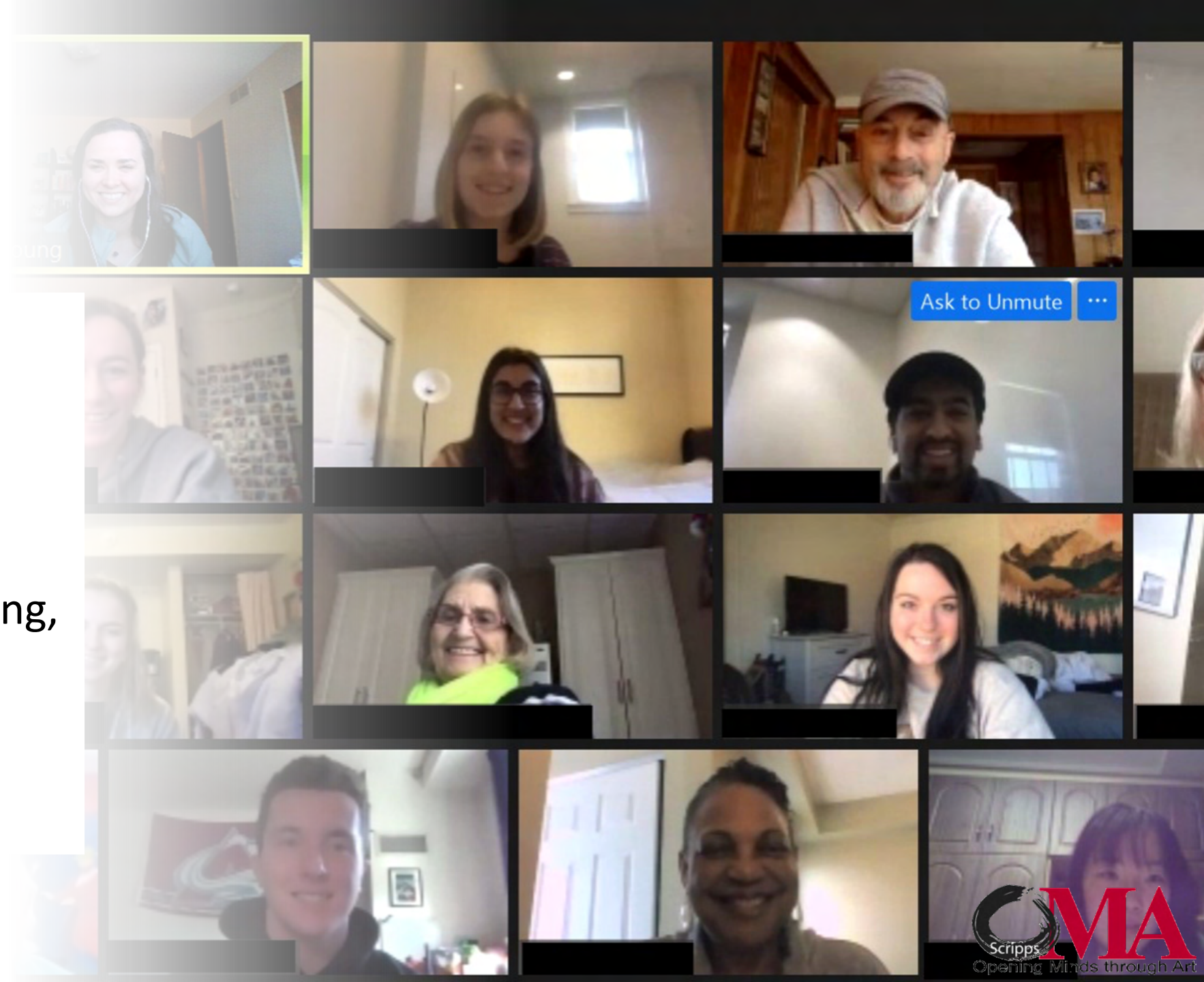
Virtual OMA

- Zoom breakout rooms
- Older adults with and without dementia
- Art, music, story building, poetry
- Weekly, 60 minutes



Comments from Older Adult Participants

"I was amazed at the level of sharing and touched by everyone's authenticity. The students final project blew me away. We all exchanged phone numbers so we could keep in touch. What an amazing gift this group is."

"I am so grateful for the opportunity to interact with students and engage in enjoyable activities. The ability to meet through Zoom has been an excellent tether during the pandemic."

"I found both in form and content our much too brief time together fascinating, surprisingly challenging, and very well presented."

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Comments from Student Participants

"I used to think older adults were not able to express creativity as well as younger adults. However, after a couple of sessions, I realized that older adults are just as capable of expressing creativity as anyone else, no matter their age."

"I think this class has taught me how I will always be working with older adults so I should learn how to listen well, be respectful, and create relationships."

"She loves to do the activities, and especially likes to tell us stories. Not only that, she likes to hear about our lives too. She is a joy to talk to and I am so glad she is our partner."

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How to Get Involved

1. Use **Creative Caregiving Guide**: Free and available now
2. Use **ScrippsAVID**: Free and available in 2022
3. Become a **certified OMA Facilitator**: Open to anyone
4. Apply for **QIP grant**: For Ohio nursing homes only

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Creative Caregiving Lessons

Visual art:

Create beautiful paintings or discuss artwork by famous artists

Music:

Create activities around familiar songs

Dance & movement:

Create dance movements using familiar songs

Poetry & language:

Recite familiar poems and create original poems and stories

Thank you to our Creative Caregiving sponsors and supporters!

https://caregiving.scrippsoma.org/

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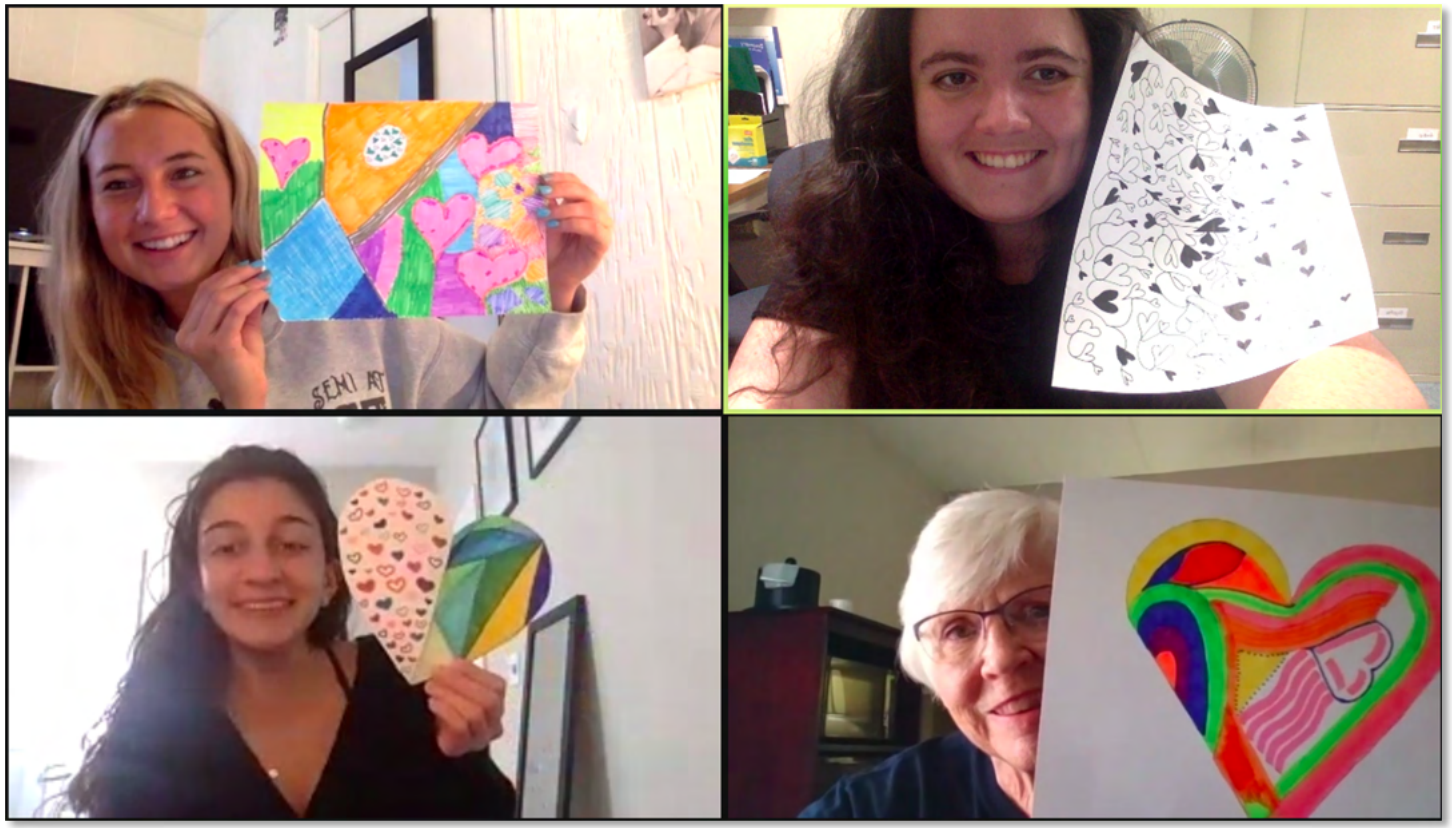
Opportunities for the Future

ScrippsAVID

- **A**rts-based
- **V**irtual
- **I**ntergenerational
- **D**ementia-friendly



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OMA Facilitator Training

Two formats:

- Fully Online Training with live art-making sessions
- Hybrid training (online training with in-person practicum in Ohio and Virginia)

Cost: $750

"Very well thought out training process with support from OMA leaders are available to continue implementing. The OMA concept down to the small details is well communicated."

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Quality Improvement Project (QIP) Grant from the Ohio Dept. of Medicaid (ODM)

Eligibility:

- Ohio nursing homes with Medicaid certification
- Never done OMA before
- Has a partnership with a university teaching future healthcare professionals (med schools, PA, nursing, OT, PT, speech therapy, social work, etc.)

Grantees receive:

- Scholarships for 2 staff members to attend training ($1500)
- $2000 for art supplies after completion of training

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Tissue Collage Activity

1. Create your Tissue Collage piece
2. Take a picture and post it to the **#ActivitiesStrong Facebook group by 12/13**. Use **#OMA** in your post.
3. The post with the most “likes” by 12/16 will receive an OMA apron and art cards

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Thank you!

Elizabeth “Like” Lokon, Ph.D.
Meghan Young, MGS

ScrippsOMA.org
ScrippsOMA@MiamiOH.edu
(513) 529 - 2914

facebook.com/openingmindsthroughart

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