



The Creative Arts in Dementia Care: Practical Person-Centred Approaches and Ideas. Jill Hayes with Sarah Povey

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The physical care of people with dementia is of vital importance, but so too is their emotional, social, mental and spiritual wellbeing. The creative arts are gaining increasing recognition not only as a tool for delivering effective person-centred dementia care, but also for attending to soul as well as body. Encouraging those who care for people with dementia to develop their own creative skills, this book provides a creative map of care with easy-to-follow examples and detailed case studies. After explaining why adopting a creative approach is central to effective dementia care, the authors go on to discuss meditation, singing, movement and storytelling, describing the therapeutic benefits of each and giving practical examples of how they can be used with individuals or groups. They also look at the importance of creative supervision in promoting creativity and creating a safe space for honest interpersonal connection: an essential foundation for effective teamwork. This book will be an invaluable resource for anyone involved in the care of a person with dementia, including professional staff in residential and nursing homes, hospitals and day centres, families and other non-professional carers.

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