

SELECTED CREATIVE AGING INFORMATION AND STORYTELLING RESOURCES

Glenda Bonin

DO YOU KNOW?

Neuro-science has discovered that the entire brain lights up like a Christmas tree when listening to music **AND** told stories. When a group of people experiencing dementia hear a story the atmosphere in the room changes significantly. They may not be able to remember the story once finished, (a bit like waking up from a dream) or discuss what it means to them, but during the telling it is evident they are engaged, following the story and sometimes clearly moved.

<http://www.creativeaging.org/>

National Center for Creative Aging (NCCA)

NCCA has launched the first of its kind Directory funded by the National Endowment for the Arts, MetLife Foundation, and The Michelson Foundation. The Directory features arts programs serving older people and includes intergenerational activities in urban, suburban, and rural communities in a variety of settings such as community centers, senior centers, assisted living, adult day care, arts institutions, and libraries. It is also searchable by an assortment of options such as: location, arts discipline, program setting, and adaptive design, with the goal of enabling older adults to find programs, encouraging arts and aging organizations to find partners, and helping teaching artists to find employment with organizations committed to creative aging in their communities.

<http://www.npr.org/sections/health-shots/2015/08/05/428153399/sharing-art-helps-medical-students-connect-with-dementia-patients>

Sharing Art Helps Medical Students Connect with Dementia Patients

A study found that when medical students get together with dementia patients and their families to view, discuss, and create art they become better communicators. This small study was conducted by then first-year-medical student Hannah Roberts and one of her professors, Dr. James Noble, neurologist at Columbia University Medical Center in 2013. Hannah had experience working with those suffering from Alzheimer's but she noticed that her classmates were having trouble relating to dementia patients. Hannah and Dr. Noble along with 19 recruited medical students, family, and patients gathered in a gallery to view, discuss, and create art for 90 minutes. The student's survey scores showed an increase in comfort level in dealing with dementia patients. This study was important because it gave students the chance to interact with patients where dementia isn't the main focus. Students saw more of what the patients were capable of instead of what they were not capable of.

<https://www.thestar.com/life/2017/06/02/storycare-should-be-an-essential-part-of-health-care.html>

An inspiring Toronto Daily Star article by Dan Yashinsky about the value of stories in palliative care

<http://www.peacewithdementia.com/>

Peace with Dementia - Blog by Matt Estrada

Matt Estrada works in the field of gerontology, specifically dementia care education and consulting. His blog is an excellent resource for anyone working with individuals dealing with memory loss issues.

<http://www.folklife.si.edu/resources/pdf/InterviewingGuide.pdf>

The Smithsonian Folklife and Oral History Interviewing Guide

A wonderful resource to capture memories of those whose cognitive impairment have not advanced greatly.

<http://www.kendallhaven.com/>

STORY EXPERT Kendall Haven: *The first storyteller to merge the power of story science with the wisdom gained through decades of story performance and story writing.*

Kendall Haven is a senior research scientist turned award-winning author, speaker, master storyteller, and nationally recognized subject expert on the structure and use of story, He has authored 35 books and has performed for audiences around the world.

<http://storynet.org>

National Storytelling Network (NSN)

The National Storytelling Network is dedicated to advancing the art of storytelling – as a performing art, a process of cultural transformation, and more.

NSN has several special interest groups, including the **Healing Story Alliance**. This group is an excellent source to find out about new programs for people dealing with cognitive impairment.

<http://www.timeslips.org/>

TimeSlips is a popular interactive program designed for people with cognitive disabilities like dementia. Creativity is an ideal way for people with cognitive challenges to communicate.

www.StoryWorksGroup.com

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Please feel free to contact me if you have any questions about my creative aging and senior living workshops. If you wish to learn more about sharing stories with an individual dealing with cognitive issues, or if you want more information about how to tell stories before a group of residents at assisted living and memory care sites, send me an email or give me a call. I am happy to answer questions and support your efforts in this field. It is truly a rewarding experience to share stories with people struggling with Alzheimer's disease and related dementia's.