



INFORMATION SHEET FOR REFERRERS

‘ARTS ON PRESCRIPTION’ - linking older people who have unmet health and wellness needs with experienced artists to promote healthy and positive ageing

What is the background and aim of *Arts on Prescription*?

Evidence shows that participation in the arts it can have a positive impact on health and wellbeing.

Arts on Prescription is an engaging program where experienced artists work with small groups of older people to help them explore their own creativity and learn new artistic skills, while at the same time meeting their health and wellness needs.

The concept was originally developed in the UK, and it is now offered locally in partnership with HammondCare, the University of NSW and the South Western Sydney Primary Health Network.

The program targets older people living in the community with unmet health and wellness needs – e.g. declining physical function and frailty, mild cognitive impairment, anxiety and depression, isolated, lonely and not able to engage with their community, recently bereaved, and people with dementia and their carers, aiming to enrich the caregiving relationship.

The ‘**arts prescription**’ is used to reinforce the concept that engagement in creativity and the arts can be as important to achieving wellness as does traditional medicine.

A range of arts programs will be offered, including visual arts such as painting, collage, ceramics and photography and music, dance and drama. Participants will be able to choose which type of art form they want to do, based on their interests and needs.

What does the typical *Arts on Prescription* program look like?

Duration: **8 weeks** with a weekly **90-120 min session** (variations possible).

Two locations: **Hammondville** and **North Turramurra** (see over).

No experience necessary. There is **no cost** for participants to attend. All materials are included.

How do I refer a patient?

1. Check that the patient resides in the catchment area (see over).
2. Complete an *Arts on Prescription* referral form.
3. Make sure the patient completes the participant details on the back of the form.
4. Post, Fax or Email the form to: ‘AoS’ at the *HammondCare Centre for Positive Aging + Care* (details on the back of this form).

What are the potential benefits of the program?

There are many potential benefits, depending on the person’s health and wellness needs and the type of artistic endeavour that they do.

People can gain physical benefits, such as improved fitness, strength and balance, by doing arts programs that increase their level of physical activity (e.g. dance, singing, drama and movement).

Art can also unlock a person’s creative side, giving them new interests to help them remain mentally active as they age.

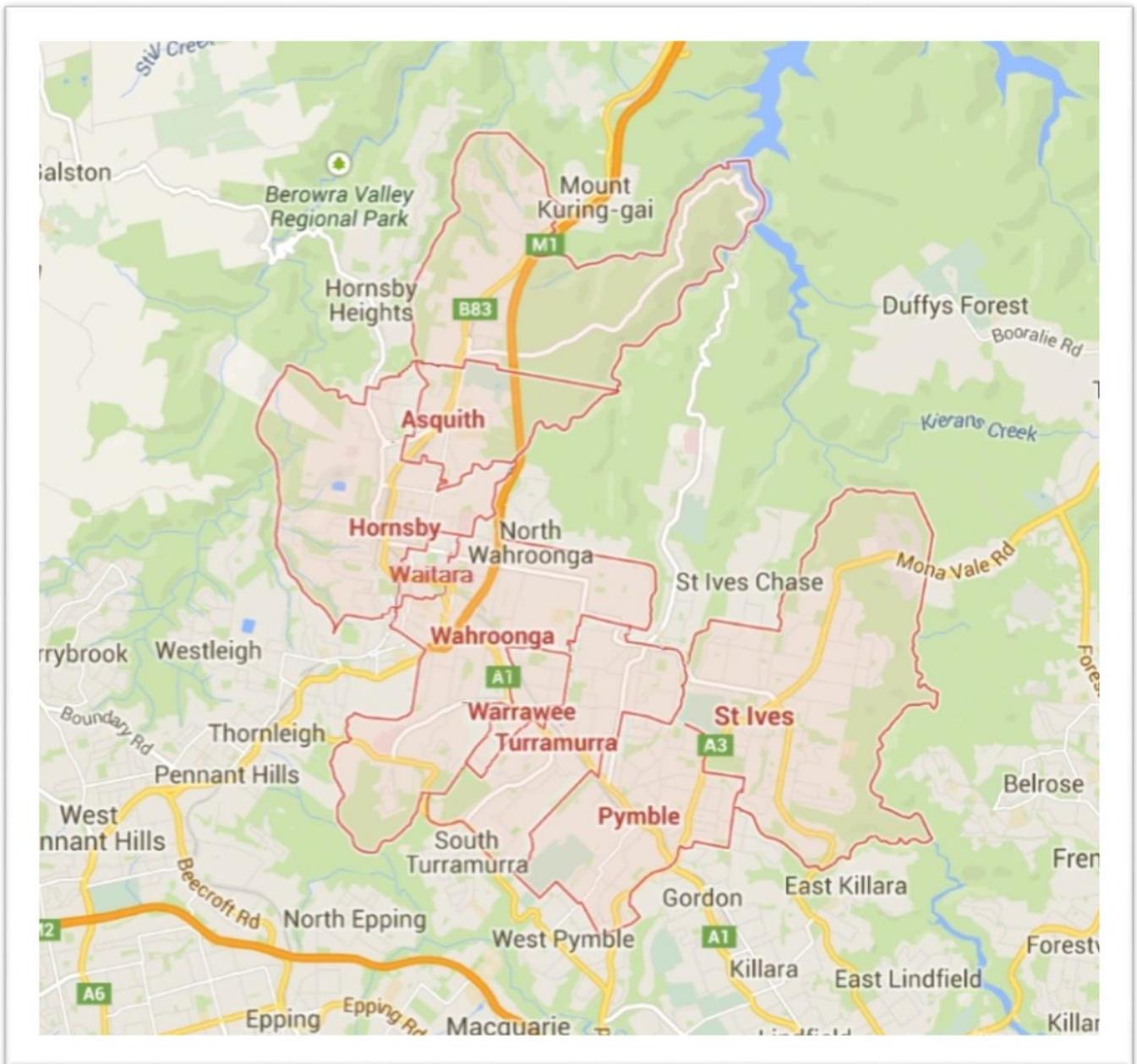
Participating in arts programs can help people meet mental health challenges such as anxiety and depression, and can give them new purpose, meaning and a sense of achievement. This can be especially helpful through times of loss and bereavement.

Lonely and isolated older people will gain new opportunities to reconnect with their community.

People suffering early memory loss or with dementia can also benefit, along with their carers. Separate “Arts on Prescription” programs for people with dementia and their carers will be held.

North Turramurra catchment area for *Arts on Prescription*

Patients from the following catchment areas are eligible to participate in ***Arts on Prescription***. Patients outside of these catchment areas may be able to participate, depending upon the availability of places.



Program Venue: HammondCare North Turramurra
10 Murrua Rd, North Turramurra NSW 2074

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HammondCare Centre for Positive Ageing + Care
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Our passion is improving quality of life for people in need. Established in the 1930s, HammondCare today is an independent Christian charity specialising in dementia care, palliative care, rehabilitation, older persons' mental health and other health and aged services. HammondCare has a particular commitment to dementia care and research as well as to people who are financially disadvantaged.

 HammondCare
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