

Program evaluation of a mosaic making activity for residents at an assisted living facility diagnosed with dementia

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Introduction

- Dementia-umbrella term used to describe an impaired ability to remember, think, or make decisions that gets in the way of doing everyday activities (Centers for Disease Control and Prevention [CDC], 2019)
- More than 130,000 MA residents living with dementia in 2018 (Executive Office of Health and Human Services, 2018)
- Gap in literature: need for reproducible interventions designed to improve quality of life across residential care settings (Levenberg et al., 2021)
- Evidence has led healthcare systems in different parts of the world to recognize arts-based interventions as a necessary piece of healthcare and to recognize their benefits to health and wellbeing (Young et al., 2016)
- Avita of Newburyport: assisted living facility that specializes in memory care located in Newburyport, MA.
- Avita looking to expand art-making opportunities for residents

Methods

Purpose: Expand and contribute to art making opportunities at assisted living facility

Aim 1

Manualize mosaic suncatcher-replicate for other caregivers to deliver

Aim 2

Understand staff perspectives re: residents' emotional, social & behavioral responses to activity

Aim 3

Understand staff members' overall perceptions of activity

8-9 participants/class

3, hour-long classes/week

Phase 1

- Observations of activity
- Survey staff re: perceptions of residents' responses to activity
- Begin development of manual

Phase 2

- Deliver manual
- Survey staff re: experience with manual
- Edits to manual based on data from usability survey

Phase 3

- Survey staff re: overall perception of activity
- Delivery of final manual

Staff Perceptions



"Participant was a little anxious starting the activity because it was a new situation....She was beaming and smiling at the end and she finished her mosaic."

"She started out very confused but by the end figured out spacing and completed a piece she was very proud of."

"Resident loves the class. She feels like she has accomplished something by the end of the class. She is really engaged."

"She was under anxiety when she started but after seeing the task at hand, she was able to free her mind of her worries and work on the project...Beaming when she left with her family."

Resident Perceptions

"I love the class and the colors where I can move all the colors around. It's my kind of thing. I love hanging them in my room."

"I like the class. It makes my brain work and I like to create things. I love taking them home and showing my family."

"It was the perfect level for me to do."

"When I look at the pretty colors it makes you feel good."

"I really like putting the different colors and shapes together."

Next Steps



- Original manual to be copyrighted
 - Expanding on original manual to serve individuals with ID



- Partnership created with Amesbury Innovation High School and with Opportunity Works (Newburyport)
 - Students and clients will help create mosaic making kits that can be delivered to facilities who serve individuals with dementia, or to individual caregivers.



- Avita looking to expand opportunities to participate in suncatcher activity through use of suncatcher activity kits

References



Contact

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Key	Survey Item	Staff Response
Totally agree	The activity was meaningful for participants	
Agree somewhat	The activity was accessible to participants of differing abilities	
Neither agree nor disagree (neutral)	The activity promoted the opportunity for independent decision making	
Disagree somewhat	The activity promoted social participation among residents	
Totally disagree	The program can be feasibly run by staff after the completion of this project	
1 icon=1 response	I would recommend this activity to other caregivers of individuals with dementia	