

Creative Arts Therapy for Individuals with Cognitive-Communication Disorders

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Abstract

This poster will provide an overview regarding the characteristics and prevalence of cognitive-communication disorders, specifically in terms of dementia. Discussion of cognitive, functional, and affective difficulties among those with dementia will occur. The session will give a description of creative arts therapy, with inclusion of the forms and purpose. The utilization and efficacy of creative arts therapy among those with dementia will be examined. Discussion of the impact of creative arts therapy regarding quality of life (QOL) and its affect on skilled services for dementia patients will occur.

Cognitive and Emotional Impact of Dementia

- Individuals with dementia exhibit decreased memory recall abilities, attention, problem-solving, social skills, and independence as the disorder progresses.
- Loss of identity, shame, frustration, and self-isolation are also common experiences among those with dementia
- Psychological, behavioral, and functional characteristics associated with dementia impact quality of life.
- Difficulties could impact the individuals' motivation when participating in skilled services to improve their functional abilities, including speech therapy.

Creative Arts Therapy

- Multimodal therapy form in which music, art, and movement therapies are combined as an assistive tool for self-expression.
- Group therapy allows for social participation and connections with others.
- Specific activities are included within each therapy form:
 - Music therapy: involves listening or making music actively with singing and instruments.
 - Art therapy: art media, photographs, and responses to art are utilized for processing and self-reflection regarding one's internal state.
 - Movement therapy: allows patients to approach their emotions through movements, while remaining physically active.

References



Creative Arts Therapy for Patients with Dementia

- Combining these therapies allows patients with dementia to experience long-term emotional, psychosocial, and functional benefits
- Improvements in mood and well-being occurred for 94% of patients receiving creative arts therapy for three months
- Participants of this study also experienced results that include:
 - Increased meaningful communication and engagement with care partners
 - Improved self-esteem
 - Greater motivation and attention during interactions

Impact on Speech Therapy

- Patients with dementia who attend creative arts therapy in addition to speech therapy could experience greater communicative progress due to increases in engagement, participation, and motivation that occur after receiving creative arts therapy services. However, further research is needed to more fully examine this impact.

