

OMA RESEARCH

Benefits for people living with dementia

Compared to other activities, OMA provides:

- » More expressions of pleasure
- » Greater engagement
- » Better overall well-being

Benefits for student volunteers

- » Increased positive attitudes toward people living with dementia
- » Increased comfort level in interacting with people living with dementia
- » Increased affection, enthusiasm, and sense of kinship toward people living with dementia

OMA PUBLICATIONS

2021: An arts program to improve medical student attitudes toward persons with dementia. *Journal of the American Geriatrics Society*, 69(8), E23- E26.

Opening Minds through Art: A Preliminary Study Evaluating the Effects of a Creative-Expression Program on Persons Living with Dementia and Their Primary Caregivers. *Dementia: The International Journal of Social Research and Practice*, 20(7), 2412-2423.

2020: Increasing college students' "liking" of older adults with dementia through arts-based service learning experience. *Gerontology and Geriatrics Education*, 41(4), 494-507.

2019: Activities in dementia care: A comparative assessment of activity types. *Dementia: The International Journal of Social Research and Practice*, 18(2), pp. 471-489.

2017: Using art in an intergenerational program to improve students' attitudes toward people with dementia. *Gerontology and Geriatrics Education* 38(4), pp. 407-424.

2016: "It makes me feel like myself": Person-centered versus traditional visual arts activities for people with dementia. *Dementia: The International Journal of Social Research and Practice* 15(5), 895-912.

2013: The impact of a gerontology course and a service learning program on college students' attitudes toward people with dementia. *Journal of Applied Gerontology*, 32(2), pp. 139-163.

2012: Building Bridges across Age and Cognitive Barriers through Art: College Students' Reflections on an Intergenerational Program with Elders who Have Dementia. *Journal of Intergenerational Relationships*, 10(4), pp. 337-354.

OMA FACILITATOR TRAINING

Aging professionals, artists, and service-learning educators interested in learning how to conduct the OMA program are invited to attend OMA Facilitator Training sessions. Attendees will receive a handbook with OMA methodology, theory, and research; handouts for field-tested art activities; and evaluation tools. Attendees will also receive online resources to train volunteers. Training is available in virtual, hybrid, and in-person formats. Custom training may be arranged.



OMA is conducted by
Scripps Gerontology Center,
an Ohio Center of Excellence,
at Miami University.

Scripps Gerontology Center
Miami University
396 Upham Hall
Oxford, Ohio 45056
Phone: 513.529.2914
ScrippsOMA@MiamiOH.edu
ScrippsOMA.org



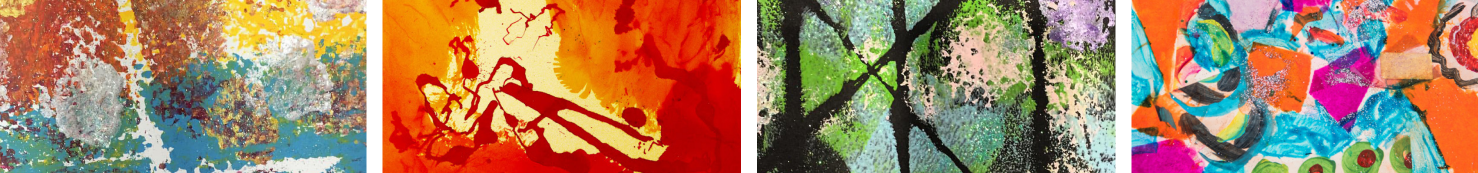
SCRIPPS GERONTOLOGY CENTER



An Intergenerational Art Program for People Living with Dementia



ScrippsOMA.org



OMA builds bridges across age and cognitive barriers through art.



Opening Minds through Art (OMA) is an award-winning, evidence-based, intergenerational art-making program for people living with dementia. It is a failure-free program designed to provide opportunities for creative self-expression and social engagement for people living with Alzheimer's disease and other forms of dementia.

Developed in 2007 at Miami University's Scripps Gerontology Center in Oxford, Ohio, the program is grounded in person-centered care principles.

OMA sessions are led by trained facilitators. Each older adult is paired with a trained volunteer who provides guidance during the art-making process but makes no aesthetic decisions for the artist.

The art-making sessions culminate in a gallery exhibition celebrating the artists' accomplishments while educating the public about the creative capacities of people living with dementia.

- **GOALS**
 - 1 To promote the social engagement, autonomy, and dignity of people living with dementia by providing creative self-expression opportunities
 - 2 To provide staff and volunteers opportunities to build close relationships with people living with dementia
 - 3 To show the public the creative self-expression capacities of people living with dementia through exhibitions of their artwork
 - 4 To contribute to the scholarly literature on dementia and the arts



OMA FOR MEDICAL & HEALTH SCIENCES STUDENTS

With population aging, an increasing majority of health care clients are older adults. OMA participation provides future health care professionals with opportunities to:

- » Value the importance of **maintaining the dignity and integrity** of all clients
- » Develop **interpersonal communication skills** to effectively engage clients
- » Build a level of **comfort in interactions** with clients who live with dementia
- » Engage in **reflective practice** and connect this experience to their personal field of study



OMA AWARDS

- » Endorsed by the **Ohio Department of Aging** as a Quality Improvement Project (since 2015)
- » Funded by the **Ohio Department of Medicaid** for state-wide replication (2016-2022)
- » Recipient of the **Maude Award for Innovations in Alzheimer's Care - Making Connections category** (2021).
- » Designated as a "Program of Distinction" by **Generations United** (2015-2021)
- » Best Practice in the Delivery of Activities Services award from the **National Certification Council for Activity Professionals-NCCAP** (2018)
- » Recipient of the **Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Award** (2016)