

How the Drawing Memories Program addresses the Aged Care Standards

- Standard 1 Dignity and Choice:** The creative engagement specialist empowers the person by valuing their identity, culture and diversity through meaningful interactions and visual expression. They see the whole person and are aware of their history and their individual preferences and needs. Independent thinking and choices are respected during the sessions.
- Standard 2 Assessment and Planning:** Observation notes are documented and included in the person's profile, contributing to their care and services plan. Post-activity experience evaluation and questionnaires can also be arranged for care and service reviews.
- Standard 3 Personal Care and Clinical Care:** The creative engagement specialist contributes to health and wellbeing by improving mood and behaviour, which may reduce the need for psychotropic medications. Research shows that engaging in artmaking has a "significant improvement in psychological resilience" (attributed to ageing) as well as "higher levels of brain functional connectivity." Creating art, particularly drawing, can help cognitive processes and lucidity, which assists with the overall mental health and brain care of the person. There is visual evidence of how the program assists in both fine and gross motor skills.
- Standard 4 Services and Supports for Daily Living:** do the things of interest to them, develop social and personal relationships, optimise independence, wellbeing and quality of life, residents' condition, needs and preferences are communicated between staff and facilitator.
- Standard 5 Organisation's Service Environment:** The program's objectives reinforce and align with the organisation's safe and welcoming environment and helps promote independence and sense of belonging through meaningful interaction and enjoyment. The art space is considered during collaboration with staff pre-activity to ensure adequate room and safety for each person.
- Standard 7 Human Resources:** The creative engagement specialist is a fully trained and qualified professional in their field of service. They form part of the workforce mix around supporting identity and wellbeing and do so in a kind and respectful way. They model skills and inspire staff as they see residents interact in ways they did not think possible.

