

A R T /

I N N O V A T I O N

PART II



... issue. The ins...
... actors who play a role in declaring something
... that is existentially threatened. The government,
... represented by high-ranking officials, lobbyists, and
... even pressure from a group are all examples of securi-
... zing actors. Next is the issue or threat that potential-
... ly brings harmful effects towards peace and stability of
... the country and lastly is the reference object or who

eg
... that those mo
... actors, political
... individuals can h
... ing or ensuring their own se
... Anthony M., 2018). One of the m
... global Non-Traditional Security risks is the
... COVID-19 pandemic. This worldwide health crisis
... has resulted in an unacceptably high number of deaths
... and a significant economic impact.

Securitization theory, which is employed as a frame-
... work analysis, is the basic theory that underpins the
... analysis in this study. Securitization developed from
... Copenhagen School (COPRI – Copenhagen Peace
... Research Institute) of security studies pioneered by
... Barry Buzan, Ole Weaver and Jean De Wilde (1998).

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Presents

ART / *INNOVATION*

PART II



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INTRODUCTION

ARTE: Art and Expression is a biannual book monograph series, published under the collaboration of the Program of Fine Arts, College of Creative Arts, UiTM Perak Branch with Galeri Al-Biruni under the supervision of Universiti Teknologi MARA, Malaysia. 'ARTE' is an amalgamation of the English word 'Art', and Malay word, specifically Perak slang 'Ate' which translate as conversation starter. 'ARTE' uses the concept of book chapter that platforms art enthusiasts to express their inner-creativity in the form of literal conjectures.

VISION

To promote art and expression as aspirations towards stylistic and artistic practices.

MISSION

- To enhance the culture of research and academic publication among academic and artists for international recognition.
- To promote intellectual, cultural and knowledge sharing through artistic expression.
- To celebrate the diversity and differences in arts practices thus, creating an intellectual platform for artist, to express their interest, in art

PUBLICATION FREQUENCY

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USING ART FOR OLDER PERSONS WITH DEMENTIA

a chapter by

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Older Adults Population: Malaysia and Global

“Aging is not lost youth, but a new stage of opportunity and strength”

Betty Frieden, American Women Activist.

Ageing is a phenomenon experienced by every country in the world. It is projected that 1 in 6 people in the world will be 60 years and over with 1.4 billion older populations by 2030. Malaysia is no exception with expected 15% older adult population in 2030. The growth of older populations, from 3.5 million (10.7%) in 2021 to 3.6 million (11.1%) in 2022 (as in Figure 1) indicated the increased life expectancy of the baby boomer’s generation, from 63.6 years (2011) to 75.6 years in 2021. Malaysia provides the best treatment for their older adult population. Although older populations are mostly affected with bad health conditions, Malaysia holds its promise to prepare for super ageing nation so the elders can live with comfort and dignity through provision of better healthcare services. The country aims to prepare the older adults to be healthy, independent and live a quality life, physically, psychologically and socially.

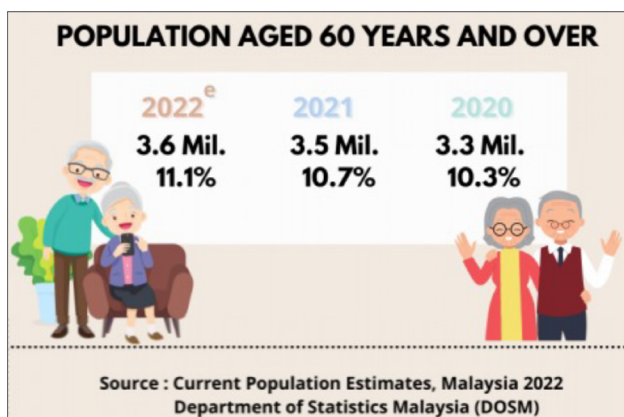


Figure 1: Prevalence of older population in Malaysia

Older Adults & Dementia

Older adults are commonly associated with health decline, specifically on thinking skills, or also known as cognitive. One of the most common cognitive-related deficits affecting older adults is dementia where it usually begins with episodes of memory loss in daily functions. The symptoms may exacerbate to a gradual impairment in thinking, remembering, and reasoning ability which interfere independence in daily lives. As simple as forgetful, it can be as severe as ignoring self-care routine, such as feeding, bathing, taking medications and many more. This manifestation is a serious issue that may refer to a general cognitive decline. Some may also show behavioural issues such as aggressiveness, apathy, depression and so on, that are also known as behavioural & psychological symptoms in dementia (BPSD). Dementia is a progressive syndrome associated with a specific disease, such as Alzheimer’s disease, Parkinson’s disease, stroke, and many more.

Malaysian Older Adult Population with Dementia

The exponential rising of older adult population and their life span are proportionate to the increase of dementia prevalence in Malaysia. The National Health and Morbidity Survey reported about 8.5% Malaysian older adults are living with dementia in 2018, with over 260,000 population. It increases to 11% with 264,000 in 2020 and surprisingly, over 630,000 Malaysian older adults are projected to live with dementia in 2050. This figure forecasts a higher number than reported case due to the lack of knowledge about dementia in society, presuming memory loss as a normal ageing syndrome, stigmatization after diagnosis, and undiagnosed

or misdiagnosed cases. Local studies highlighted the risk factors of dementia including the regress quality of life, disease progression and social support mechanism. Many local organizations and institutions such as Alzheimer's Disease Foundation Malaysia (ADFM) emphasize on the care provision, advocacy and training for the population of dementia and their caregivers.

Effects of Dementia towards Individuals, Caregivers, and Nations

It is crucial to know that dementia has significant effects on the individuals, caregivers, and family members. Dementia affects individuals mostly in their daily activities, such as essential self-care as well as extended activities of daily living (Maresova et al., 2020). The deterioration caused by dementia that affects daily functioning will impact the individual's independence (Peres et al., 2008). These happened due to the nature of dementia which is a progressive and degenerative brain disease (Jalbert et al., 2008). The Diagnostic and Statistical Manual (DSM) describes six domains in diagnosing a neurocognitive disorder in which dementia is included. The domains affected are complex attention, executive functions, learning and memory, language, perceptual-motor skills, and social cognition (American Psychiatric Association, 2013).

Dementia also affects caregivers and family members, and various studies found that the effects of this disease are more important than ever (Park & Park, 2015). Caring for family members suffering from progressive cognitive impairment can lead to various issues in many circumstances (Brodaty & Donkin, 2022). A previous study reported that physical and emotional health problems are more significant for caregivers than for non-caregivers. Their level of psychological distress is higher as they had to sacrifice their activities with other family members and friends or even gave up their employment to provide the best care to devote their time to their loved ones (Goren et al., 2016).

Other than that, caring for dementia is not only demanding and upsetting, but also riotously expensive. A study by Nur et al. (2017) revealed that the average cost of care for dementia cases in

Malaysia per episode was RM12806, and length of stay in the hospital was found to be the most significant factor affecting the cost. The study also discovered that the top three components for the cost of the treatment were ward services (62.78% of the total cost), pharmacy (10.25% of the total cost), and intensive care unit (7.64% of the total cost). Findings from the study also show the pattern of increment in the average cost of treatment for different types of dementia severity ranging from mild dementia (RM8182), moderate dementia (RM10300), and severe dementia (RM14306).

Treatment for dementia

Currently, there are limited treatment options for individuals experiencing cognitive decline. U.S. Food and Drug Administration (FDA) approved six drugs that temporarily improve symptoms of Alzheimer's disease by increasing the number of chemicals called neurotransmitters in the brain. However, the efficiency of these drugs differs from person to person, and some people cannot endure the side effects of the medications. (Alzheimer's Association, 2015).

Non-pharmacological treatments are frequently used to maintain or improve cognitive function, the ability to perform activities of daily living, or overall quality of life (Alzheimer's Association, 2015). Currently, there are non-pharmacological treatment approaches claimed to improve cognitive functions such as cognitive stimulation therapy (CST), cognitive training (CT) and cognitive rehabilitation (CR).

Nevertheless, art can be used as therapy, especially by caregivers and health professionals, to improve the health and well-being of people with dementia (Fancourt & Finn, 2019). This kind of therapy is beneficial, especially when people with dementia progressively lose their ability in communicative skills; art can be used as a medium for them to express themselves in creative ways (Mirabella, 2015).

Using art for older people with dementia

As mentioned, dementia is a progressive decline in cognitive function that affects a significant

number of older adults. While there is no cure for dementia, there are a number of strategies that can help to improve quality of life for individuals with the condition. One such strategy is the use of art as a therapeutic tool.

Art therapy for individuals with dementia has a number of benefits, including improved mood and cognitive function (Swallow, 2018; Jeppson et al., 2022). Engaging in creative activities can also provide a sense of accomplishment and a feeling of purpose, which can be important for individuals with dementia who may otherwise feel a sense of loss or helplessness.

One of the ways in which art can benefit individuals with dementia is by stimulating cognitive function. Engaging in artistic activities can stimulate various regions of the brain and help to maintain cognitive abilities, which can help slow down the progression of dementia (Logie, 2017). Art activities can also improve attention, memory, and executive function (Orrell & Spector, 2015; Jeppson, et al., 2022). By providing a cognitive workout, art activities can help individuals with dementia to maintain their cognitive abilities.

In addition to the cognitive benefits, art therapy can help to improve mood and reduce stress and anxiety. Research has shown that participating in art activities can increase the production of endorphins, the body's natural mood-enhancing chemicals (Cikic & Lindwall, 2014). Art therapy also minimizes the sense of distraction and provides focus for the mind, which can help to reduce the feelings of stress and anxiety.

Art can provide a sense of purpose and accomplishment for people with dementia, helping to lift their mood and improve their overall emotional well-being (Rankin & Horne, 2017).

Art can provide a common ground for people with dementia and their caregivers, helping to build stronger relationships and promote social interaction (Reid, 2016; Jeppson et al., 2022).

Art provides a non-verbal way for people with dementia to express themselves and share their thoughts and feelings (Bradley, 2015).

Tips for Using Art with Older People with Dementia:

a) Start simple: When working with older individuals with dementia, it is important to choose art activities that are simple and easy to understand (Verghese et al., 2006). For example, you can provide colouring sheets with large shapes like circles or squares and offer them coloured pencils or markers. Guiding them to fill in the shapes with colours of their choice can give them a sense of accomplishment. Another idea is to provide pre-drawn outlines of objects, such as flowers or animals, and encourage them to colour or paint within the lines. By starting with manageable tasks, you can build their confidence and make the activity more enjoyable.

b) Make it meaningful: Art becomes more engaging when it holds personal significance. Encourage individuals to create art that reflects their own memories, experiences, or interests. For instance, you can suggest they draw or paint something from their past, like their childhood home or a treasured object. Provide them with art supplies and invite them to paint or draw a representation of that special place or item. By connecting the activity to their personal history, it adds a meaningful touch and sparks their creativity and emotional connection (McEvoy & Bailey, 2015; Jeppson et al., 2022).

c) Create a supportive environment: The environment plays a vital role in ensuring a successful art experience. Set up a dedicated art space that is safe, well-lit, and free from distractions. Organize art supplies neatly and make them easily accessible. Consider using materials that are comfortable to handle, such as brushes with larger grips or markers with thicker barrels. Creating a calm and supportive atmosphere can help individuals feel more at ease and enhance their artistic expression (Kendall, 2018).

d) Encourage participation: Providing continuous encouragement and support is crucial during art activities. Sit alongside the individual and engage in conversation while they work on their art. Offer positive feedback, praise their efforts, and show genuine interest in their work.

For example, if someone is colouring a picture of a flower, you could express admiration for their colour choices or their attention to detail. Encourage them to share their thoughts and feelings related to the artwork. Allow them to work at their own pace, respecting their autonomy, and avoid rushing or pressuring them to complete the tasks quickly. Emphasize the process of creating art and the joy it brings, rather than focusing solely on the final outcome (Orrell & Spector, 2015).

By implementing these tips, you can create meaningful and enjoyable art experiences for older people with dementia. Starting with simple tasks, make the art meaningful to their personal experiences to provide a supportive environment fosters their engagement, creativity, and overall well-being. Encouraging their participation and valuing their individual expression contributes to a positive and enriching art session. Art can be a wonderful tool to provide a means of self-expression and to promote cognitive stimulation, emotional well-being, and overall quality of life for individuals with dementia.

There are a number of art therapy techniques that can be used for individuals with dementia. Some of the most effective techniques include:

7.1 Collage: This involves creating a collage from a variety of materials, such as magazine clippings, paper, fabric, and other materials. Collage can be a particularly useful art therapy technique for individuals with dementia because it allows for a lot of creativity while still providing structure and support.

7.2 Painting: Painting is a classic art therapy technique that can be adapted to the needs of individuals with dementia. Simple activities, such as finger painting or painting with large brushes, can be particularly effective for individuals with dementia who may have difficulty with fine motor skills. Painting holds several benefits for older individuals, particularly those with dementia. Firstly, painting provides a creative outlet and a means of self-expression, allowing individuals to communicate and convey emotions that may be challenging to express verbally. Engaging in the artistic process can promote a sense of

accomplishment, self-esteem, and personal fulfilment.

Furthermore, painting stimulates cognitive functions such as memory, attention, and problem-solving. It can help preserve and enhance visual and spatial abilities, as well as motor skills and coordination. Through the use of colours, textures, and brushstrokes, painting stimulates sensory perception and can evoke positive emotions, contributing to overall well-being.

In therapeutic settings, painting is often used as a form of art therapy for individuals with dementia. Art therapy sessions provide a supportive and non-judgmental environment, which allows participants to explore their creativity, to reminisce about past experiences, and to engage in meaningful social interactions. Painting can also serve as a form of sensory stimulation, promoting relaxation and reducing anxiety or agitation.

7.3 Scrapbooking: This involves creating a scrapbook that includes photos, mementos, and other items that are meaningful to the individual. Scrapbooking can be a great way to help individuals with dementia to remember important moments from their past and to reflect on their lives.

7.4 Doing art activity while listening to favourite music: Music therapy involves using music to improve the quality of life for individuals with dementia. This can include listening to music, playing instruments, or singing. Research has shown that music therapy can be effective for improving mood, reducing stress, and promoting relaxation (Najavits et al., 2012). This may evoke memory and can be used as a reminiscence therapy.

When working with individuals with dementia, it is important to keep in mind that the goal is not to create a masterpiece, but rather to provide an enjoyable and stimulating experience that may promote cognitive functions through brain plasticity tapping into cognitive reserve. It is also important to be patient and flexible, as individuals with dementia may have difficulty with tasks that

were once easy for them.

Conclusion

Using art as a therapeutic tool for individuals with dementia can have a number of benefits, including improved mood and cognitive function. There are a number of art therapy techniques that can be used, including collage, painting, scrapbooking, and music therapy. When working with individuals with dementia, it is important to be patient and flexible, and to understand that the goal is not to create a masterpiece, but rather to provide an enjoyable and stimulating experience.

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Tarikh : 20 Januari 2023

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Kelulusan daripada pihak tuan dalam perkara ini amat dihargai.

Sekian, terima kasih.

“BERKHIDMAT UNTUK NEGARA”

Saya yang menjalankan amanah,

SITI BASRIYAH SHAIK BAHARUDIN
Timbalan Ketua Pustakawan

nar

Setuju.

27.1.2023

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