

Institution: Bangor University, 10007857		
Unit of Assessment: UoA 3 - Allied Health Professions, Dentistry, Nursing and Pharmacy		
Title of case study: Innovation in Dementia Care: Positive Impact of Visual Arts Interventions.		
Period when the underpinning research was undertaken: 2011 - 31 December 2020		
Details of staff conducting the underpinning research from the submitting unit:		
Name(s):	Role(s) (e.g. job title):	Period(s) employed by submitting HEI:
1. Professor Gill Windle 2. Dr Kat Algar-Skaife 3. Dr Carys Jones 4. Dr Catrin Hedd Jones	1. Professor of Ageing and Dementia Research 2. Research Fellow 3. Research Fellow 4. Lecturer (Teaching and Scholarship)	1. June 2000 - present 2. March 2009 - present 3. October 2012 - September 2021 4. November 2012 - present
Period when the claimed impact occurred: 2014 - 31 July 2020		
Is this case study continued from a case study submitted in 2014? N		
1. Summary of the impact		
<p>Dementia is a global public health priority with no cure and limited medical treatment. Bangor University leads interdisciplinary research in dementia care, with a focus on visual arts interventions. Through a combination of training, public events and the success of the collaboratively-produced online practitioners' guide, 'Dementia & Imagination', for arts and health service delivery (with over 10,000 downloads) many people with dementia and their carers have benefited. Bangor-led research demonstrated how arts interventions improved the quality of life of people affected by dementia, with GBP5 of social value generated for every GBP1 invested (518% social value return on investment). Bangor research also led to enhanced dementia care service-provision, improved public perceptions and public policy influence.</p>		
2. Underpinning research		
<p>Over the last decade, dementia policy rhetoric has changed, with WHO dementia policy calling for creative approaches to improve societal attitudes towards dementia, acknowledging the potential of arts activities for quality of life. Three Bangor-led studies developed evidence, training materials and key insights, leading to integration of the arts into mainstream dementia care delivery. The research was conducted in England and Wales by Professor Gill Windle, Director of Dementia Services Development Centre Wales (DSDC Wales) and her team (Dr Catrin Hedd Jones, Dr Katherine Algar-Skaife and Dr Carys Jones), combining quantitative and qualitative methods with public involvement to address:</p>		
Health and cost benefits of the arts in dementia care		
<p>Windle led 'Dementia and Imagination' [3.a], an AHRC funded longitudinal mixed-methods research programme (England and Wales), reflecting academic interdisciplinary collaborations between six universities, one charity, two cultural organisations, one local authority and fifteen artists. She led the development of a theoretically-informed visual-arts intervention consisting of twelve 2-hour participative art viewing/making activities led by an experienced arts/health professional [3.1]. This intervention emphasised provision of a stimulating, high-quality</p>		

experience, demonstrating benefits to 115 people living with mild-to-severe dementia in diverse settings (community, care homes, hospital day-centres) through validated measures of well-being, quality-of-life and communication [3.2] (with Hedd Jones providing expertise in systematic behavioural observation, generating novel quantitative 'in the moment' data on wellbeing). For 146 family or professional carers across the same settings, Windle found a positive impact on social connectedness and wellbeing, improvements in how carers perceived the person with dementia and enhancement of professional practice [3.3]. Jones and Windle found the cost of delivering the programme was GBP189,498, but whilst the social value generated was GBP980,717. This constitutes a base case ratio of benefit to investment of GBP5.18 of social value generated for every GBP1 invested in the intervention, demonstrating significant value for money [3.4].

The benefits of arts in care homes

Algar-Skaife led the Wales-wide evaluation of Age Cymru's 'cARTrefu', an arts in care homes project [3.5], the largest research evaluation of its kind in the UK. Arts activities (visual arts, music, song and dance) were delivered by arts and health professionals in 2-hour workshops to 122 care homes across Wales (19% of the sector), with 1543 residents taking part in at least one activity. 793 residents contributed to the evaluation, which found significant improvements to their wellbeing. 272 care staff took part and reported qualitative improvements in skills and confidence. Significant improvements in a validated measure of attitudes to dementia care were reported by the 149 care staff who completed it before and after the arts interventions.

Developing the skills of the dementia care workforce

Windle and Algar-Skaife conducted research to examine the effect of 'Creative Conversations' [3.b] an arts-based intervention for developing the care and communication skills of the dementia care workforce through a feasibility study, representing a partnership with a local authority and the private sector. In four 2-hour workshops, care staff explored dementia education topics such as 'understanding mood changes in people with dementia' using novel creative materials (poetry, film, music, visual art) to influence the development of compassionate communication. Led by experienced arts and health professionals and delivered to 53 care staff in 14 care homes (50% of care homes in Flintshire), the intervention validated staff skills and confidence, and provided them with new ways to initiate, support and understand communication (verbal and non-verbal) with their clients [3.6].

3. References to the research

Research Outputs

3.1 **Windle, G.**, Howson-Griffiths, T., Gregory, S., O'Brien, D., Newman, A., and Goulding, A. (2018) Exploring the theoretical foundations of visual art programmes for people living with dementia. *Dementia: the international journal of social research and practice*, **17**(6), 702-727. [DOI](#) (Peer-reviewed journal article)

3.2 **Windle, G.**, Joling, K., Howson-Griffiths, T., Woods, B., **Jones, C. H.**, van de Ven, P., Newman, A., and Parkinson, C. (2018) The impact of a visual arts programme on quality of life, communication and well-being of people living with dementia: A mixed-methods longitudinal investigation. *International Psychogeriatrics*, **30**(3), 409-423. [DOI](#) (Peer-reviewed journal article)
Submitted to REF2021 (REF identifier UoA3_64)

3.3 **Windle, G.**, Caulfield, M., Woods, B. and Joling, K. (2020) How can the arts influence the attitudes of dementia caregivers? A mixed methods longitudinal investigation. *The Gerontologist*, **60**(6), 1103-1114. [DOI](#) (Peer-reviewed journal article)

3.4 **Jones, C. L., Windle, G.**, and Tudor-Edwards, R. (2020) Dementia and Imagination: A social return on investment analysis framework for art activities for people living with dementia. *The Gerontologist*, **60**(1), 112-123. [DOI](#) (Peer-reviewed journal article)

3.5 **Algar-Skaife, K.**, Caulfield, M. and Woods, B. (2017) cARTrefu: Creating artists in residents. A national arts in care homes participatory and mentoring programme. Evaluation report 2015-2017. DSDC Wales Report, Bangor University, School of Healthcare Sciences, Bangor, UK. ISBN 978-1-84220-180-0 [Web link](#)

3.6 **Windle, G., Algar-Skaife, K.**, Caulfield, M., Pickering Jones, L., Killick, J., Zeilig, H. and Tischler, V. (2019) Enhancing communication between dementia care staff and their residents: An

arts-inspired intervention. *Aging & Mental Health*, **24**(8), 1306-1315. [DOI](#) (Peer-reviewed journal article)

Grants

3.a **Windle, G.** (2013 - 2016) *Dementia and imagination: connecting communities and developing well-being through socially engaged visual arts practice*. Arts and Humanities Research Council (AHRC) AH/K00333X/1, GBP1,219,353 (Bangor University: R26R06)

3.b **Algar-Skaife, K. and Windle, G.** (2016 - 2018) *Creative Conversations': An exploratory study of an arts in health approach to embedding person-centred care and improving communication between care staff and people living with dementia*. Welsh Government (Health and Care Research Wales) SC-16-1224, GBP203,286 (Bangor University: R45G29)

4. Details of the impact

Knowledge and understanding generated by Bangor-led research resulted in impacts on: i) quality of life; ii) dementia care improvement; iii) enhanced service provision; iv) public awareness of dementia; v) public policy.

Improvements to quality of life

Bangor-led research showed that 37% of people with dementia experienced an increase in wellbeing from the arts interventions [3.4]. As a consequence, Bangor researchers developed a 'dementia supportive practice community', initially bringing together 70 people living with dementia, researchers, carers, health and social care providers to improve the quality of life of those affected by dementia. This is now an established network with 540 members (across-Wales), utilising research findings and creative approaches to engagement. In 2019, 20 members with dementia and their carers [5.1] were empowered to become advocates, representing people living with dementia on international platforms, and becoming an established group of 'dementia educators' working alongside research and teaching at Bangor University and undertaking audits of public spaces (e.g. National Slate Museum) to guide improvements. In 2019, 1 person living with dementia was formally awarded an honorary fellowship in the School of Health Sciences at Bangor University [5.1].

Care improvement

Bangor's collaborative research demonstrating the clinical and cost benefits of arts interventions in dementia care [3.1, 3.2, 3.3, 3.4] informed the jointly-produced (with Manchester Metropolitan University) practitioners' guide for arts service delivery [5.2]. The guide exemplifies best practice and enables care practitioners and providers to develop successful arts interventions, beneficial for people with dementia and their carers. The guide has received over 10,000 downloads (up to July 2020) and over 200 artists and health practitioners in England and Wales benefited from Bangor-led training sessions. The 2015 training evaluation [5.3] indicates improved skills, e.g. *"I will introduce objects into my art sessions with older adults and allow more time for participants to reflect and create"* and being able to *"take back new ideas to my workplace"*.

Hedd Jones was awarded an Academic Fellowship by the National Assembly for Wales (2017), working closely with Assembly Members to identify and implement best practice in dementia care. She was a member of Social Care Wales committee (2018) developing a website of resources for dementia care professionals, with the practitioners' guide [5.2] selected to be part of the resources [5.4]. In 2019 Bangor-led research was included in a Wales Public Health Network e-bulletin (circulation: 1,415) showcasing arts and health projects in Wales [5.5].

Enhancing service provision

As a result of Bangor's research collaboration, Denbighshire county council reported the beneficial effects of improving dementia service provision (via the arts) within their organisation. Denbighshire county council were consequently recognised as the best local authority arts project in the UK for encouraging community cohesion, winning an award from the National Campaign for the Arts' Hearts for the Arts Awards in 2018 [5.6]. As a consequence of Windle's research, Flintshire Social Services secured further funding in 2018 for a first round of wider (arts

interventions in dementia care) delivery targeted at 81 new staff and extended it to 62 family carers. Feedback indicates the positive impact of the training on carers [5.7].

Bangor's recommendations following cARTrefu evaluation findings [3.5] led to changes to national dementia service delivery. Age Cymru secured additional funding to extend the arts interventions in dementia care service for 2 years. Following changes being made the service delivered an additional 864 arts sessions across care homes in Wales and in total 1840 art sessions have been delivered to 25% of care homes across Wales [5.8].

Improving awareness and understanding of dementia

The Dementia and Imagination research [3.1, 3.2, 3.3, 3.4] and the practitioners' guide [5.2] underpinned the delivery of Bangor-led workshops on living with dementia to 107 care professionals in 3 venues in England and Wales. A workshop evaluation (2015) reported that before the workshop, the most prominent words used to describe dementia were 'loss', 'disease' and 'memory'. At the end of the session, perceptions changed, with 'misunderstood', 'individual', 'support' and 'different' receiving more responses [5.3]. Workshops in 2016 with over 150 members of the public and care professionals found similar changes in perceptions before and after taking part. Care staff noted how "It helps me in terms of thinking about my career/ future: it is a good example of how psychology and art can be used together" and it "raised awareness of what is possible" [5.3].

Bangor curated some of the work generated by research participants and held 7 exhibitions in national galleries (e.g. The Menier, London) and regional (e.g. public galleries, libraries and hospitals in England and Wales) between 2017 and 2019. These art exhibitions provided members of the public the opportunity to view dementia differently, illustrated by the quotes: "these works of art are a reminder that even difficulties we may face, and weaknesses we may have cannot overwhelm or overcome who we are as humans" and "a pleasure to see how dementia does not have to be a barrier to achievement".

Public Policy

The contribution of the Dementia Services Development Centre Wales (DSDC Wales) to advancing dementia care research is recognised in the 2018 Dementia Action Plan for Wales [5.9]. Bangor's expertise led to appointments to the Welsh Government taskforce for Implementation of the Dementia Action Plan (Windle), and the Cross Party Group (CPG) for Arts and Health (Windle and Algar-Skaife). Bangor-led research featured in case studies and was cited as a research exemplar in an Arts Council Wales report informing how the arts are benefiting health in Wales, for a public-facing campaign on arts and health [5.10]. Summaries of these studies were presented to the CPG and circulated by the NHS Confederation in Wales to all Welsh Assembly Members (February 2020). This led to plenary questions to the Minister for Health and Social Services querying how the Welsh Government is supporting the use of arts to improve health and well-being in social care settings.

5. Sources to corroborate the impact

5.1 Joint testimonial from person living with dementia and their carer (husband and wife) (participants in the impact process) regarding the positive impact of being involved in the Bangor-led research.

5.2 Practitioners' guide for arts service delivery (2018) *Dementia & Imagination, Research informed approaches to visual arts programmes*. Joint publication between Bangor and Manchester Metropolitan University, with input from Nottingham Contemporary artists, Equal Arts in Newcastle and Denbighshire County Council, demonstrates how Bangor-led collaborative research fed directly into a practitioners' handbook for delivering arts-based activities with people living with dementia.

<http://www.artsforhealth.org/resources/dementia-and-imagination.pdf>

5.3 Connected Communities reports (2015/2016) present evaluations of Bangor-led training workshop activities. <http://dementiaandimagination.org.uk/download/5606dd65dce8a/>
<http://dementiaandimagination.org.uk/download/5824b4358657b/>

- 5.4 **Social Care Wales. Dementia Resource for Care Professionals (2018)** Bangor research-resource [5.2] is listed under the section 'Keeping up People's Hobbies' under 'Research Links'. <https://socialcare.wales/service-improvement/dementia-resource-for-care-professionals>
- 5.5 **Public Health Network Cymru (July 2019) e-bulletin** focussed on showcasing arts and health projects in Wales. Key Bangor research features in an article 'The Arts in Health and Social Care Research from Bangor University' (p6) https://gallery.mailchimp.com/da269d41d94a16edaaad1b7f6/files/ecc9a05a-000c-4b26-ac8a-bc81a92873eb/Ebulletin_English_FINAL.pdf
- 5.6 **Testimonial from Community Arts Development Officer, Denbighshire County Council** (participant in the impact process) regarding the impact that being a partner in Bangor-led Dementia and Imagination had for their services.
- 5.7 **Testimonial from former Dementia Services Project Manager, Flintshire County Council** (participant in the impact process) (Now: Dementia Project Manager for the North Wales Health Social Care and Wellbeing Service Improvement Collaborative, Denbighshire County Council) regarding the impact that being a partner in Bangor-led Creative Conversations programme had for their services.
- 5.8 **Testimonial from Arts and Creativity Programme Manager Age Cymru** (participant in the impact process) regarding the impact of the Bangor-led evaluation findings for the future of the delivery of the cARTrefu arts in care homes project.
- 5.9 **Welsh Government Dementia Action Plan (2018)** contains a section on research, recognising the contribution of Windle's research centre (DSDC Wales) and noting future commitment to dementia care research in Wales (p30) <https://gov.wales/sites/default/files/publications/2019-04/dementia-action-plan-for-wales.pdf>
- 5.10 **Arts Council of Wales, Arts and Health in Wales, A Mapping study of current activity (2018)** Bangor research [3.1, 3.2, 3.3, 3.4, 3.5] features as case studies (p24 and p70), with Dementia and Imagination research [3.3] noted as an example of "*significant, robust and innovative academic research*" (p73). https://arts.wales/sites/default/files/2019-02/Arts_and_Health_Volume_1_0.pdf