

Institution: Canterbury Christ Church University		
Unit of Assessment: 4 - Psychology, Psychiatry and Neuroscience		
Title of case study: ICS4.03 Using art-based interventions to improve the well-being of older adults with dementia and their carers		
Period when the underpinning research was undertaken: 2010-2020		
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:
Professor Paul Camic	Professor of Psychology and Public Health	2005 - May 2019
Dr Sabina Hulbert	Senior Lecturer, Psychology	2000 - ongoing
Dr Trish Vella-Burrows	Principal Research Fellow, Sidney De Haan research Centre	2011 - ongoing
Period when the claimed impact occurred: 2013-2020		
Is this case study continued from a case study submitted in 2014? N		
1. Summary of the impact		
<p>This research on arts-based interventions for people living with dementia has substantially underpinned the All-Party Parliamentary Group of Arts, Health and Wellbeing commissioned report <i>Creative Health</i> which forms the foundation of the government's policy on arts-based social prescribing. Turning policy into action, the insights from our research significantly contributed to the launch of the National Academy for Social Prescribing. At a practice level, our research-informed, award-winning toolkits are used nationally and internationally by museums and arts venues to deliver arts-based interventions for dementia care and have demonstrated an impressive impact on improved well-being. Our BAFTA-nominated media work has raised awareness of arts-based interventions through a major exhibition attracting over 1.4 million people, featured on BBC3 and other mainstream media channels.</p>		
2. Underpinning research		
<p>The Alzheimer's Society reports that there are currently 850,000 people with dementia in the UK, projected to reach 1.6 million by 2040. The total cost of care is currently £34.7 billion a year, and unpaid carers save the UK economy £13.9 billion annually. Finding cost-effective ways to care for older people with dementia and their carers is a national priority. In partnership with museums, art galleries, NHS trusts, Age UK, the Alzheimer's Society, the Royal Society for Public Health (RSPH), and colleagues in CCCU, UCL and the NHS, Professor Paul Camic has produced research that demonstrates how such support can be delivered using existing community arts-based assets. These include interactive visits to art galleries, the supported viewing and handling of art and museum artefacts, and participation in singing groups. This research has been supported by £1,676,380 of funding from the Wellcome Trust, ESRC, AHRC, the Alzheimer's society and other funders.</p> <p>Camic's research initially expanded on work demonstrating the use of arts-based interventions to improve well-being and physical health, by investigating art-gallery based interventions specifically for those with dementia and their carers. Camic, Tischler and Pearman (A) employed a mixed methods design with 24 participants to show that a multi-session, gallery-based intervention that involves art viewing was a feasible and acceptable intervention for this population. Camic, Baker and Tischler (B) subsequently employed grounded theory methodology to develop a model of how gallery-based interventions affect people with dementia and those who care for them, with key components including the provision of intellectual</p>		

stimulation and increased social inclusion. Using singing as an alternative arts-based intervention, Camic and colleagues investigated the experience and perceived impact of singing groups for people with dementia and their partners, with a grounded theory study (C). They found that group singing was experienced as joyful, accessible and supportive of active participation. Subsequently, in a quasi-experimental study (N=80) using supported handling of museum objects (D) Camic demonstrated that this intervention can improve subjective wellbeing in people with early and middle-stage dementia, with a large pre- to post-effect size ($d=.77$). Building on this work, a 2 x 4 repeated-measures crossover study (E) showed that both object handling and art viewing interventions are associated with improvement in wellbeing in people with dementia and their carers, compared to a lack of change in wellbeing over a period of non-engagement. This study also demonstrated the feasibility and value of employing visual analogue scales to measure subjective well-being with this population. These scales were incorporated into three toolkits developed for arts venues to evaluate their own interventions. The accumulating evidence for art-based interventions started to influence policy and an interest in social prescribing for these interventions. This led to the funding of the AHRC (£540k) Museum on Prescription three-year project, with Camic as the co-investigator, partnering with UCL. Further studies from this project led to additional evidence demonstrating significant improvements in well-being for older adults through the social prescription of museum-based arts interventions. For example, (F) showed that a 10-week museum-based interactive intervention for older people (N=116) was associated with significant improvements in well-being ($p < .001$). This work then led to the £1.08m grant by the Wellcome Trust to form a dementia and arts hub, with CCCU as a partner.

3. References to the research

- A. Camic, P. M., Tischler, V. & Pearman, C. (2014). Viewing and making art together: An eight-week gallery-based intervention for people with dementia and their caregivers. *Aging & Mental Health*, 18(2), 161-168. <http://dx.doi.org/10.1080/13607863.2013.818101> Citations: 170
- B. Camic, P.M., Baker, E. & Tischler, V. (2016). Theorising how art gallery interventions impact people with dementia and their caregivers. *The Gerontologist* 56, 1033-1041. doi: 10.1093/geront/gnv063 Citations: 70
- C. Unadkat, S., Camic P.M. & Vella-Burrows, T. (2016). Understanding the experience of group singing for couples where one partner has a diagnosis of dementia. *The Gerontologist*, 47(3), 468-478. doi:10.1093/geront/gnv698 Citations: 46
- D. Camic, P. M., Hulbert, S. & Kimmel, J. (2017). Museum object handling: A health promoting community-based activity for dementia care. *Journal of Health Psychology*, 24, 787-798. doi: 10.1177/1359105316685899 Citations: 36
- E. Johnson, J., Culverwell, A., Hulbert, S., Robertson, M. & Camic, P.M. (2017). Museum activities in dementia care: Using visual analogue scales to measure subjective wellbeing. *Dementia: The International Journal for Social Research and Practice*, 16, 591-610. doi: 10.1177/1471301215611763 Citations: 48
- F. Thomson L.J., Lockyer B., Camic P.M. & Chatterjee H.J. (2017). Effects of a museum-based social prescription intervention on quantitative measures of psychological wellbeing in older adults. *Perspectives in Public Health*, 138, 28–38. doi: 10.1177/1757913917737563 Citations: 30

Quality: All these outputs are published in reputable, international journals with established peer review processes.

Funding: Total GBP1,676,380 collaboratively awarded from the Wellcome Trust, Alzheimer's Society, AHRC, ESRC, Dulwich Picture Gallery.

4. Details of the impact

Embedding art-based interventions and social prescribing in policy

This research has demonstrated that art-based interventions are effective in improving the well-being of people with dementia and their family carers, and that such interventions are effectively delivered through the mechanism of social prescribing within existing community assets such as museums and art galleries. Professor Camic, as an expert member of the Royal Society for

Public Health England Health Special Interest Group on Arts, Health and Wellbeing (RSPHE-SIG), was invited to present this evidence on three occasions to the All-Party Parliamentary Group (APPG) inquiry on Arts, Health & Wellbeing (2015-2019), including round tables on Dementia and the Arts (2015) and Museums and Health (2016). The APPG's *Creative Health* report [1] cited 10 of the team's research outputs (A-E +5 others) as evidence of the effectiveness of socially prescribed arts-based interventions on improved well-being of people with dementia and their carers (sections 1.4 and 3.0) and in identifying interventions proven effective with older people (Sections 8.6.5, & 8.6.7). Camic's influence is acknowledged in the foreword:

'[The RSPHE-SIG] has provided much valued guidance on the research, specifically through the involvement of Professor Paul Camic, Professor of Psychology and Public Health at Canterbury Christ Church University.' p158 [1]

The *Creative Health* report highlighted the potential saving of £216 per patient resulting from arts on prescription, and a reduction of 27% and 37% respectively in hospital and GP visits over the project time. This report influenced the NHS to incorporate arts on prescription into their commissioning plans and led to a commitment of £5 million by the Government to create a National Academy for Social Prescribing, launched in October 2019. In a testimonial acknowledging the 'invaluable contribution' [2] Camic's research made to this inquiry, the Rt. Hon Lord Howarth, co-chair of the APPG, stressed the significance of *Creative Health* as informing the speech made by the Secretary of State for Health, Matt Hancock, [3] to the King's Fund, in which he placed social prescribing at the centre of the prevention agenda. Social prescribing is now integral to NHS policy and *Creative Health* is named as the 'key document and resource' on the NHS social prescribing website.

This body of research has had further international impact and reach, through inclusion in the World Health Organisation Health evidence network synthesis report 67: 'What is the evidence on the role of the arts in improving health and well-being?' [4]. This report maps the global research literature on this subject, represents the most comprehensive evidence review of arts and health to date and is an information service for public health decision-makers in the WHO European Region. The report cites Camic and colleague's research in the context of arts-based prescribing as an effective intervention for those with dementia and their carers (e.g. p44).

Changing practice through evidence-based resources

The research was used to develop three empirically-grounded toolkits, which have provided guidance, training and evaluation to support arts-based services in delivering the evidence-based interventions successfully. This has resulted in more inclusive events, better trained staff and ultimately demonstrated improvements in well-being for older people. Firstly, using the evaluation tool developed in output E and the intervention tested in output F, The Dementia Toolkit for Small and Medium Museums was developed to offer low-cost programmes for people with dementia that are specifically tailored for implementation by smaller museums. The toolkit, funded by Museums Southeast, has been distributed to over 2,000 museums by the Museums Association and received regional (Tunbridge Wells Council), National (Museums Association) and international (e.g. National Museum Madrid) acclaim.

The Culture Manager from Tunbridge Wells Borough Council commented: 'Through our engagement as part of the project, we honed our visitor relation skills, and undertook Dementia Friends training for all members of the museum team to embed sensitivity into our practice (I personally became a Dementia Champion and have trained over 120 Dementia Friends to date)' [5]. This toolkit was translated into the 'More Than Reminisce' project which worked with over 90 individuals and their carers locally. Learning from the project reached the national museum sector through the annual Museums Association (MA) conference, attracting one of the largest audiences of the entire conference. The *More than Reminisce* project features as 'best practice' in the MA's 'Museums Change Lives' campaign. Through the MA, the toolkit was shared internationally to acclaim from countries including New Zealand, Australia, Canada, America, France and Spain.

The Museo Nacional del Prado in Madrid used the toolkit to produce their own dementia-friendly programming [6].

Using the Dementia Toolkit, Creative Arts East developed a creative programme for older people, called 'Our Day Out' and delivered projects in eight locations across rural Norfolk. This involved 400 beneficiaries, provided dementia training to over 60 volunteers, artists and practitioners, and using the evidence from the Canterbury Well-being Scale (part of the Toolkit), secured successive funding resulting in the delivery of over 400 inclusive arts workshops [7]. This project had a significant individual impact with 78% of participants reporting increases in their wellbeing and 94% made new social connections [E]. The project won the Royal Society for Public Health award in the Arts & Health category in March 2019.

The second toolkit, 'Museums on Prescription: A Guide to Working with Older People' provides a step-by-step approach to develop, run and evaluate a range of museum-based programmes for socially-isolated older people. This project won both the prestigious Royal Society for Public Health Arts and Health and the Public Health Commendation for Sustainable Development awards, in 2017 [8]:

'Museums on Prescription stood out as a sustainable and cost-effective programme which empowers organisations that already exist to work in a new way. It utilises previously under-used community resources to improve public health.' Judging panel, Arts & Health Award

The third toolkit, 'Becoming a Dementia Friendly Arts Venue', was published by the Alzheimer's Association in 2015 [9] as part of the Prime Minister's Dementia Friendly Communities Programme. The toolkit uses the research findings [e.g. F] to help arts venue managers improve accessibility to venues, facilities and programmes for people with dementia. This toolkit is freely downloadable from a range of both dementia and arts-related websites e.g. Arts4Dementia, Museums Association. Up to January 2020 it had been downloaded 1,137 times. The quality of this resource has been endorsed with the Chair of the Arts Council calling it 'Ground-breaking but practical'. A staff member from Plymouth Museum and Art Gallery commented on the outcomes of using the toolkit: 'Having staff trained and on hand to assist and often just to meet and greet visitors with additional needs can make the world of difference to a successful museum visit.' [10]

Raising awareness of dementia and changing attitudes

As a result of the AHRC-funded research project 'Museums on Prescription' and the additional work on arts-based interventions, Camic with UCL collaborators, became co-leaders of the research team behind the project 'Created Out of Mind'. This project pulled together an interdisciplinary team of researchers, visual artists, musicians, broadcasters, and clinicians to develop the interactive, educational resource 'Created out of Mind'. The project had a residence in The Hub, a creative space in the Wellcome Institute, to 'explore, challenge and shape perceptions and understanding of dementias through science and the creative arts' through a series of events October 2016 to July 2018. These included a short film festival, an installation, art exhibition, open studio, and talks. This was a highly successful residency attracting 1,413,000 unique listeners and over 16,500 visitors at a live event *Beyond Memory: Music in the Moment*, also broadcast by BBC 3, and substantially raised the awareness of arts-based interventions for dementia. The content of the project drew on the arts-based research findings (A-E), promoting effective interventions for those with dementia. By drawing these interested parties together, across a range of sectors, a vitality and uniqueness was created which then led to further projects such as: 'Vicky McClure: Our Dementia Choir', funded by partnerships with the media (BAFTA-nominated programme broadcast May 2019).

These research findings also contributed to the first ever online course on arts and dementia; *Dementia and the Arts: Sharing Practice, Developing Understanding and Enhancing Lives* launched as a MOOC on Future Learn in 2018, specifically underpinning week two: 'How can moments be understood, experienced and measured?'. Videos, case studies, discussions and self-test quizzes are drawn directly from this research which are included as key references. This is a free four-week course with over 13,000 people enrolled to date, across 14 countries,

Impact case study (REF3)

including Mexico, New Zealand, and Hong Kong. The course is interactive encouraging participant comments. 7,222 comments have been received to date, with 2,952 relating specifically to week two. The following two examples illustrate the impact on practice the course has had:

'These two weeks have been very informative, I am now thinking about how to embed my learning into practice.'

'The course gave a really well-rounded insight into dementia and the arts; with case studies and commentary from researchers and participants. It demonstrated the great potential for the broad spectrum of arts to contribute to the experience of those living with dementia.'

The course has been recommended for staff and service users by the Scottish Social Services Council, Arts & Health Ireland, Thames Valley NHS Strategic Clinical Network, Rare Dementia Support, among others.

5. Sources to corroborate the impact

1. All-Party Parliamentary Group on Arts, Health and Wellbeing (2017). *Creative health: the arts and health for wellbeing*, https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf
2. Testimonial from Rt Hon Lord Howarth of Newport, Co-Chair, of the All-Party Parliamentary Group on Arts, Health and Wellbeing, 2015-19.
3. The Rt Hon Matt Hancock, MP (6 November 2018). The power of the arts and social activities to improve the nation's health. A speech to the King's Fund: <https://www.gov.uk/government/speeches/the-power-of-the-arts-and-social-activities-to-improve-the-nations-health>
4. World Health Organisation (2019). *What is the evidence on the role of the arts in improving health and well-being? A scoping review*. <https://apps.who.int/iris/bitstream/handle/10665/329834/9789289054553-eng.pdf>
5. Testimonial of Jeremy Kimmel, Culture Manager, The Amelia (Museums and Culture), Tunbridge Wells Borough Council and website of the Museums Association <https://www.museumsassociation.org/campaigns/museums-change-lives/enhancing-health-and-wellbeing/tunbridge-wells/>
6. Veall, D. et al. (2017). *Museums on Prescription: A guide to working with older people*. London: University College London. www.culturehealthresearch.wordpress.com/%20museums-on-prescription/
7. Royal Society Public Health - Creative Arts East Blog by winner of award for project 'Our Day Out' <https://www.rsph.org.uk/about-us/news/rsph-guest-blog-winning-an-rsph-arts-health-award.html>
8. Royal Society for Public Health awards for Museums on Prescription <https://www.rsph.org.uk/our-work/awards/health-wellbeing-awards/arts-and-health/2017-winner.html> and <https://www.rsph.org.uk/our-work/awards/public-health-england-commendations/sustainable-development/sustainable-development-2017-winner.html>
9. Allen at al. (2015). *Becoming a dementia-friendly arts venue- a practical guide*. <https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/organisations/dementia-friendly-arts-venues>
10. Evidence of the impact of the Dementia Friendly Arts venue <https://www.elder.org/the-elder/displaying-inclusivity-responding-to-visitors-with-dementia/>