

Move, draw, sing... creative resources to use on your own, with people you care for and for professionals working in care settings

We hope this collection of online creative resources will be useful for individuals and groups of older people and those who care for them, whether in the family home or in care homes. They have been gathered from organisations around the UK, with many of the recommended resources designed to be dementia friendly.

The collection is in three sections:

Section 1 - online resources, including videos and documents (which can be viewed online or printed), that guide you through accessible creative activities to engage and inspire, as well as pre-recorded films, podcasts and performances to enjoy at home.

Section 2 - information about live projects that older people can join in with, examples of lockdown projects and some technical support resources

Section 3 - a table of creative apps to try

The research was carried out by Janie Nicoll and Joanna Peace. Janie is a visual artist who has led arts projects in care homes and day centres, including creative activities using iPads. Joanna is also a visual artist, and has previously worked for Luminate as Co-ordinator of our Arts in Care Programme.

In creating this document, we have tried to find a wide range of resources that will give the most enjoyment. The included links are mostly from other external organisations, so please check that anything you plan to use is suitable and enjoyable for your group.

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Section 1:

In this section you can find online resources, including videos and PDF activities, that guide you through accessible creative activities to engage and inspire.

Activity collections including writing, drawing, collage making, movement, mindfulness, sensory & more

A Manager's Guide to Arts in Care Homes

A downloadable PDF on why and how to develop arts activities in your care home; discussing issues and challenges and sharing practical ideas. Produced by NAPA Arts in Care Homes.

<https://www.artsincarehomes.org.uk/wp-content/uploads/2023/11/A-Managers-Guide-to-Arts-in-Care-Homes.pdf>

A Toolkit for Arts & Creativity in Care Settings

By Age & Opportunity, an Irish organisation that provides a range of opportunities for older people.

<https://ageandopportunity.ie/toolkit-for-arts-creativity-in-caresettings/#phone>

Activity Cards

Diverse activities grouped into visual arts, performing arts, words, music and sensory. From ageCymru, the national charity for older people in Wales.

<https://cartrefu.org.uk/activity-cards/>

Art by Post

The Southbank Centre in London commissioned 17 artists to create 11 activity booklets of creative activities that can be downloaded as PDFs. In addition, the booklet Explore & Inspire: Taking Creativity into Every Corner of the Home, features ideas and activities specifically for those working in care settings.

You can view an exhibition of work created in response to the original booklets on the same website.

<https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost/online-gallery>

Arts in Care Homes

This extensive resource offers care teams many practical ideas on how to get started with creative arts activities. From the Social Care Institute for Excellence.

<https://www.scie.org.uk/person-centred-care/arts-in-care-homes>

Artist Activity Packs

Contributions from well-known artists including Antony Gormley, Gillian Wearing, Jeremy Deller and more. Over 92,000 people have downloaded the packs so far – from all across the world! By Firstsite, a visual arts organisation in Colchester, Essex.

<https://firstsite.uk/art-is-where-the-home-is/>

bold - Bringing Out Leaders in Dementia - Resources

Including guides on mindfulness, reflection and singing.

<https://bold-scotland.org/downloadable-bold-resources/>



Create to Connect

Free activities supporting people aged 55+ in the form of a booklet and video tutorials. Including creative activities focused on mindfulness, painting, drawing, making, writing and storytelling, designed for people who have not done much art before. From City Arts, a charity in Nottingham which helps communities and artists to create and explore art of all kinds.

<https://city-arts.org.uk/project/create-to-connect/>

Creative Tasks: At a Distance Together

Creative activities for all ages to do at home. Accessed through guided videos (average 3 - 5 mins long) with accompanying written instructions. Videos by A Moments Peace Theatre Company, based in Glasgow.

<https://www.amomentspeace.co.uk/at-a-distance-together>

Cultural First Aid Kit

30 creative and fun activities and workshops that can be completed in the comfort of your own home, in hospital or care centres and homes. By Manchester Museum.

<https://documents.manchester.ac.uk/display.aspx?DocID=41662>

Isolated Moments

A variety of creative activities originally shared to keep spirits lifted and creativity alive during COVID-19 social distancing and quarantining measures. Produced by fermynwoods contemporary arts, a charity working across Northamptonshire

<http://fermywoods.org/tag/isolated-moments/>

Luminate@Home

A range of different activities and art forms including music, art, crafts, poetry and dance. Artists guide you through the activities, which can all be done at home or in a care home. Videos by Luminate, Scotland's creative ageing organisation.

<https://luminatescotland.org/resource/luminatehome/>

The Lowry Creative Hub

Activities gathered by The Lowry, a cultural venue in Salford. Divided into broad age ranges and including dance, drama, creative writing, wellbeing and visual arts.

<https://thelowrycreativehub.com>

The Storybox Project – at Home

A free, dementia friendly project, this online resource provides hundreds of dementia friendly creative activity ideas which are accessible and easy to try. From Small Things Creative Projects, an artist-led organisation using creativity and imagination to fuel learning, development and change.

<https://smallthings.org.uk/the-storybox-project-at-home/>

Treasury of Arts Activities for Older People: Volumes 1 & 2

Two generous volumes of long and short activities, designed for everyone who would like to bring more art and creativity into the work they do with older people. PDFs collated by The Baring Foundation, an independent foundation which protects and advances human rights and promotes inclusion.

Find Volume 1 online: <https://baringfoundation.org.uk/resource/treasury-of-arts-activitiesfor-older-people/>

Find Volume 2 online: <https://baringfoundation.org.uk/resource/treasury-of-arts-activitiesfor-older-people-volume-2/>



Dance and Movement

Bedside Ballet

A series of interactive digital dance films and audio resources for people with reduced mobility to enjoy at home, in care homes and in hospitals, or to share with companions and carers. From Scottish Ballet.

<https://scottishballet.co.uk/move-with-us/wellbeing-resources/bedside-ballet/>

Dance Magic Dance

A toolkit for creative dance in residential care settings. PDF by The Courtyard, Herefordshire's cultural creative hub.

<https://creativeageing.co.uk/wp-content/uploads/2017/04/CA-Dance-LR.pdf>

Don't Be Afraid to Dance!

This pack is designed to help you start moving creatively within a range of settings with older people. From City Arts

<https://city-arts.org.uk/wp-content/uploads/2013/02/Dont-be-afraid-todance.pdf>

Health at Hand – for NHS and Social Care Staff

This series of videos has been created to support NHS and Social Care staff. Each 10-minute movement and breath session is designed to address physical and mental health and is accompanied by specially created music. From Scottish Ballet.

<https://www.scottishballet.co.uk/health-at-hand>

Long Covid Support

On-demand films and audio resources to help people living with long covid, allowing you to reconnect with your body and improve wellbeing. From Scottish Ballet.

<https://scottishballet.co.uk/move-with-us/wellbeing-resources/long-covid-support/long-covid-on-demand/>

Monthly Moves

Monthly Moves offer short movement ideas for older people, people with reduced movement and people with dementia. Videos by Elaine Kordys – Spin Turn Creative Movement.

https://www.youtube.com/channel/UCL5ez2b7BLn8fzcXEMSz_-A



Music and Singing

Live Music in Care: Toolkit for Care Homes

A toolkit to inspire and to bring music into the lives of care home residents. Online resources created by a partnership of arts organisations, funded by the Baring Foundation

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/#contentwrapper>

Watch video tutorials: <https://achoirineverycarehome.wordpress.com/toolkit-for-carehomes/singing-tutorials-and-tips-for-care-staff/>

Live Music Now Concert Library for Care Homes

Pre-recorded videos suitable for care homes and the general public created by Live Music Now, which works alongside those with reduced access to live music, in community settings across the UK.

<https://www.youtube.com/playlist?list=PLff9wYQdEudgTx9QteHNile6e8zmuBltZ>

Music for Dementia Radio

A group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. By Music 4 Dementia.

<https://m4dradio.com>

Playlist for Life - videos and PDFs

Free resources to help you at each stage of your playlist journey, whether you're making a personalised playlist for yourself or helping someone to make theirs. Playlist for Life is a music and dementia charity. Their vision is for everyone with dementia to have a unique, personalised playlist.

<https://www.playlistforlife.org.uk/resources/>

ReConnect

A music-making project for people living with dementia and their carers. Videos by Scottish Chamber Orchestra. ReConnect brings people together through music to improve wellbeing and quality of life. You will find guidance about using the resource, a playlist of videos, downloadable lyrics, and singing.

<https://www.sco.org.uk/join-in/resources/all-resources/reconnect-resources>

The Song Book & Practitioner Guide

A collection of dementia friendly songs from around the world and some ideas about how they could be used. It aims to promote inclusive ways of engaging with people living with dementia from different ethnic backgrounds. PDFs created by Shared Harmonies.

<https://www.sharedharmonies.co.uk/projects-resources/>

Travel These Ways

Song words, notated music, a piano accompaniment, films and recorded music for the song Travel These Ways. Short films guide you through the song, and sing along with the recorded music. Resource from the Dementia Inclusive Singing Network by Luminare.

<https://singing.luminatescotland.org/songs-to-sing-at-home/travel-these-ways/>



Writing

DementiArts

A magazine listing every dementia-friendly event in Edinburgh & the Lothians for the coming quarter, DementiArts has reviews, stories, creative work, and features, all supplied by the dementia community. It can be downloaded online here <https://www.capitaltheatres.com/take-part/dementia-friendly-work> or you can request a print copy by post by emailing alex.howard@capitaltheatres.com.

Writing Tips from Acclaimed Older Authors

Thirteen older women authors from a wide range of backgrounds, share some writing tips to help you on your way. Videos created by Speaking Volumes as part of their Women Speak Volumes project. <https://speaking-volumes.org.uk/wsv-writing-tips-from-acclaimed-older-authors/>



Recorded performances, films and podcasts to enjoy

All the World's A Stage - The Dementia Friendly Podcast

Presented by journalist Willy Gilder, now living with dementia, each podcast showcases a different interest from a member of the dementia-friendly community alongside the various different departments of Capital Theatres.

You can also sign up to their mailing list for news about in-person dementia friendly performances, events and get togethers.

<https://www.capitaltheatres.com/take-part/dementia-friendly-work>

Art History in 10 minutes

These videos are an opportunity to learn more about art history through introductions to the paintings in The National Gallery's Collection, all in about 10 minutes or less. From The National Gallery, London.

https://www.youtube.com/playlist?list=PLvb2y26xK6Y5fL_MDdSOB8FlqNGkLKSb

Best Seat in the House

Performances by The Not Forgotten, an organisation that supports the armed forces community, though the videos are accessible and enjoyable by all. Brings together some of The Not Forgotten's tour artists, combined with a few well-known entertainers, all performing golden oldies or relaying messages of hope and inspiration direct from the comfort of their own homes into yours.

<https://www.youtube.com/user/TheNotForgottenAssoc/videos>

National Library of Scotland Moving Image Archive

More than 2,800 clips and full-length films online, searchable by topic. From home movies to documentaries, from industry to entertainment - explore around 100 years of Scotland's history captured by amateur and professional film-makers.

<https://movingimage.nls.uk>

RSNO Digital Care Packages

Sign up for access to free concerts from the Royal Scottish National Orchestra

<https://www.rsno.org.uk/digital-care-packages/>

When the Sun Meets the Sky

Audio play by The Traverse, Scotland's new writing theatre in Edinburgh. Shaped by personal stories from the dementia community of Edinburgh and the Lothians. Set in iconic Edinburgh locations - from summertime in the Meadows after the war, to a Beatles gig in the ABC on Lothian Road, this audio play tracks Maggie through the decades as she discovers herself and her city. With a score by composers Vanlves, this new audio play is co-created by Robbie Gordon and Jack Nurse with experts from the Capital Theatres' dementia-friendly community.

<https://play.acast.com/s/the-traverse-podcast/when-the-sun-meets-the-sky>



Section 2:

In this section we highlight some live events that older people are welcome to join. And finally you will find some links to technical support resources that are designed to help older people access online and digital activities.

Live events

Brew and a Blether

A free monthly social gathering for people with lived experience of dementia. Organised by Capital Theatres in Edinburgh

<https://www.capitaltheatres.com/whats-on/all-shows/dementia-friendly-brew-and-blether/2072>

Edinburgh's Capital Theatre runs different dementia inclusive events throughout the year. Find out what is going on by clicking [here](#).

Technical support

Arts 4 Dementia Zoom Guide

PDF by Arts 4 Dementia

Find online: <https://arts4dementia.org.uk/wp-content/uploads/2020/12/Arts-4-Dementia-Zoom-Guide-New.pdf>

Digital Champions

Guidance, training and resources on how to be a digital champion in your care home and help care home staff and residents get online.

By Technology Enabled Care, a programme by the Scottish Government.

Find online: <https://tec.scot/programmes/digital-inclusion>



Section 3:

In this section you'll find a list of apps that can help you get creative in lots of different art forms.

Visual Arts			
App name	Notes	Cost	Link
Kaleidoscope drawing pad	With this app you can create a kaleidoscope-type drawing. It also creates a mini-film of the process to play back.	Free	https://apps.apple.com/gb/app/kaleidoscope-drawing-pad/id525904070
Spin art	Have fun making spin pictures. This app is fun and stimulating for all levels of ability.	Free	https://apps.apple.com/us/app/spinart-free/id390272744
Autodesk sketchbook	This is a good all-round app for drawing and being creative using an iPad. It offers a range of different tools that are good for drawing, sketching and painting.	Free	https://apps.apple.com/gb/app/autodesk-sketchbook/id883738213
Art Set 4	This app allows you to create pictures using a range of realistic art materials including pencils, crayons, and watercolours.	Free	https://apps.apple.com/gb/app/art-set-4/id1418530800
Art Set 4 Pro edition	The paid-for version of Art Set 4 includes higher quality virtual art materials, including things like the ability to use paintbrushes of different sizes, and to adjust the amount of paint on your brush.	£6.99	https://apps.apple.com/gb/app/art-set-pro-edition/id728530673
Painting Atelier	This app enables you to create images using oil paints in a realistic way using a wide range of the techniques associated with real oil paintings, without the mess.	Free	https://apps.apple.com/us/app/painting-atelier/id1363039718
Let's create Pottery HD	With this app you can create a range of attractive virtual pots in a few easy steps, including moulding, firing and painting. You can "sell" your pot at an imaginary auction, which earns you points to buy more decorating tools. The free version is probably enough for most people, with the full version giving you access to additional designs and features for your pots.	Lite version is free. Full version is £4.99.	https://apps.apple.com/gb/app/lets-create-pottery-hd-lite/id397756644 https://apps.apple.com/gb/app/lets-create-pottery-hd/id380090605
Writing			
Poetics	Create, write and share visual poetry, combining photographic images and text	£1.99	https://apps.apple.com/us/app/poetics-create-write-and-share-visual-poetry/id543995959
Book Creator One	Use your own photos and text to create your own ebooks, diaries, cookbooks, etc. It's promoted for schools, but is also suitable for adults to use. This free package allows you to try it out by making one book. After that you will have to buy the paid-for app (see below).	Free	https://apps.apple.com/gb/app/book-creator-one/id661166101



Animation			
Stop motion studio	This app allows you to create simple animations, in an easy to use format. It allows you to create a video, and stop frame animation.	Free	https://apps.apple.com/gb/app/stop-motion-studio/id441651297
Miscellaneous			
Armchair Gallery app	Created by the Art Gallery in Nottingham, this dementia friendly app allows you to see paintings and objects from a number of English galleries and country houses, and includes some creative activities connected with the paintings that you will see.	Free	https://apps.apple.com/gb/app/armchair-gallery/id1324486946 Also on google play for android devices.
House of Memories	Created by Liverpool Museums, this dementia friendly app allows people to create a personal museum with their own photos and memorabilia.	Free	https://apps.apple.com/gb/app/my-house-of-memories/id847763460?ign-mpt=uo%3D4 Also on google play for android devices.
Hairstyle Makeover	Try out different looks with this app, to help you decide on a new hairstyle or have some fun with changing appearances! It is simple and easy to use.	Free	https://apps.apple.com/us/app/hairstyle-makeover/id463501961
Koi Pond 3D Lite	This app allows you to interact with the Koi Carp in a virtual fish pond, in a very tranquil and sensory way.	Free	https://apps.apple.com/us/app/koi-pond-3d-lite/id534867956?mt=12
Thinkability	An app for people with dementia and their care givers. The activities in the app are based on Cognitive Stimulation Therapy.	£5.99	https://thinkability.eu/



We would love to see examples of any creative work you make as a result of using these resources. Please feel free to contact us with completed projects or other information that you would like to share.

CONTACT US

**Luminate, First Floor, Causewayside House,
160 Causewayside, Edinburgh, EH9 1PR**

Email: info@luminatescotland.org

Telephone: 0131 668 8066

Web: www.luminatescotland.org

Facebook: [@LuminateScotland](https://www.facebook.com/LuminateScotland)