

**TASKFORCESUBMISSION:** submission

**NAME:** Gareth Wreford

**POSITION:** Executive Director

**ORGANISATION:** Arts Access Australia

**SUBMISSION1:** Arts Access Australia has a particular interest in building resilience and wellbeing through arts participation and associated cost savings through reduced service usage.

The Australia Council Art and Wellbeing publication is a good general summary  
[http://www.australiacouncil.gov.au/publications/community\\_arts\\_and\\_culture/art\\_and\\_wellbeing2](http://www.australiacouncil.gov.au/publications/community_arts_and_culture/art_and_wellbeing2)

Arts Access Australia have also developed a proposal for the Ageing portfolio to establish a National Centre for Creative Ageing based on the USA model of the same name. There is a significant body of research demonstrating the preventative health benefits of arts participation for older people including:

- (USA) Landmark creativity and aging study measuring the impact of professionally conducted community based cultural programs on general health, mental health and social activities of people over 65 years. The results demonstrate true health promotion and disease prevention effects. The study also demonstrated that community based cultural programs for older adults appear to reduce risk factors driving the need for long-term care.  
<http://www.arts.gov/resources/Accessibility/CnA-Rep4-30-06.pdf>
- (USA) National Endowment for the Arts publication of model creative projects having an impact on dementia, quality of life and physical health of older Americans.  
<http://www.arts.gov/resources/Accessibility/BestPractices.pdf>
- (USA) Older participants in dance activities have a significant and positive improvement in physical health linked to decreased falls and increased bone density. Dance activities have been demonstrated to improve emotional wellbeing. One study compared dance to other forms of physical exercise and found dance was the only physical activity associated with a lower risk of dementia.  
<http://www.kairosdance.org/research1.html>
- (USA) Music Therapy and Alzheimers Disease resource list of academic articles and research into the impact of music in dementia.  
[http://www.alz.org/we\\_can\\_help\\_resource\\_lists.asp](http://www.alz.org/we_can_help_resource_lists.asp)

- (Scotland) Scottish Arts Council research into the arts and older people (defined as over 50) found that participation in the arts led to a growth in personal confidence, community interaction and economic opportunities. The benefits to older people with particular health issues like dementia or stroke are substantial and the arts are very often the key to unlocking memory, arresting depression and anxiety, improving communication between individuals and having fun.  
<http://www.scottisharts.org.uk/1/information/publications/1002144.aspx>
- (Ireland) Participation in Music, Dance and Visual Art is linked to improved wellbeing. In particular this program trained staff working with older people in care and improved the staff members awareness of residents needs.  
<http://www.olderinireland.ie/docs/newsletter05/arts-in-care.pdf>
- (England) An Arts Council of England research report reviewing the medical literature in arts and healthcare included specific studies into music (both listening and creating) and dementia. These studies found that music activities could increase patients social functioning, decrease stress, increase willingness to participate in routine activities, stimulate long term memory and improve relationships between staff and patients.  
[http://www.artscouncil.org.uk/documents/publications/positivehealthsummary\\_phpFaA0Nj.pdf](http://www.artscouncil.org.uk/documents/publications/positivehealthsummary_phpFaA0Nj.pdf)
- (England) Dementia Positive. Extensive work using creativity to communicate with people with dementia and carers. Publications include The Arts and Dementia Care a Resource Guide (for the USA Center for Creative Aging).  
<http://www.dementiapositive.co.uk/pp001.shtml>

**PRIVACY:** yes

**SUBMIT:** Submit