

Art4Life® Program South Carolina Project

IMPACT DATA & SATISFACTION SURVEY RESULTS

(BASED ON STAFF OBSERVATIONS & INTERACTIONS WITH SKILLED NURSING RESIDENTS)



PROJECT STATUS FROM 5/1/2022 - 10/31/2024

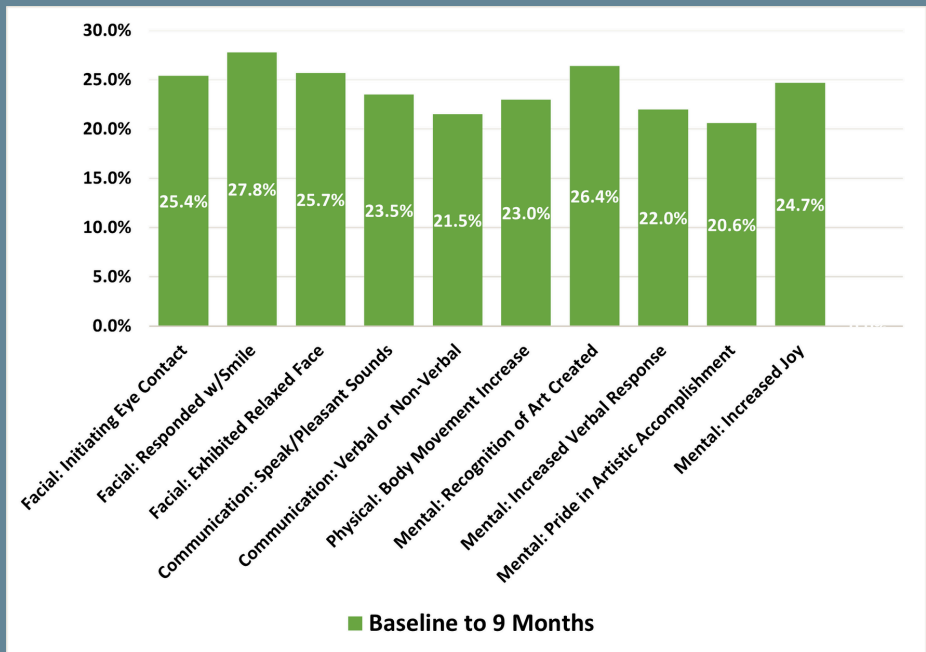
- 99 SKILLED NURSING CARE CENTERS PARTICIPATING
- 884 RESIDENTS IMPACTED
- 233 RESIDENTS MONITORED FOR CHANGES
- 368 STAFF TRAINED
- 3-YEAR GOAL: 100 SKILLED NURSING CENTERS



RESIDENT IMPACT DATA

Measures: Increased Brain Stimulation; Reduced Impact of Isolation; Improved Cognitive Function, Communication, Positive Interactions, Autonomy & Well-Being

Results show improvement from Baseline to 9 Months

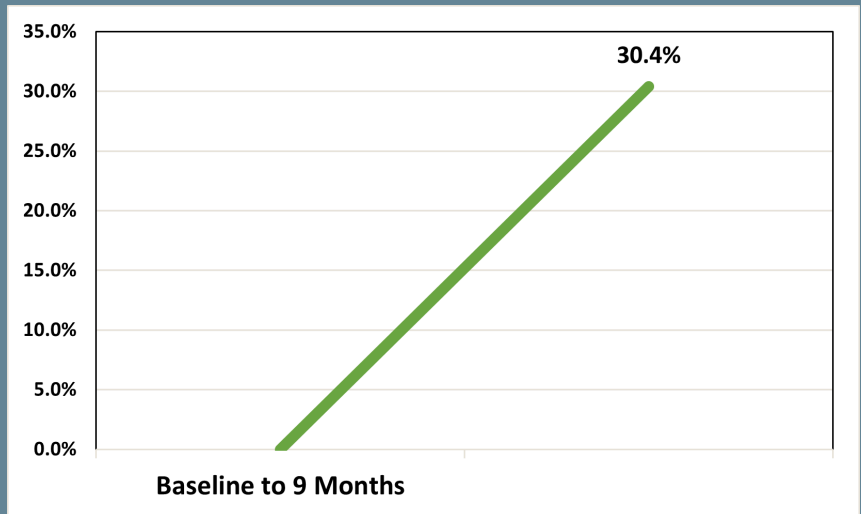


Measure: Quality of Life

Results show a **30.4%** increase in residents' perception of their quality of life from Baseline to 9 Months.

Residents were asked:

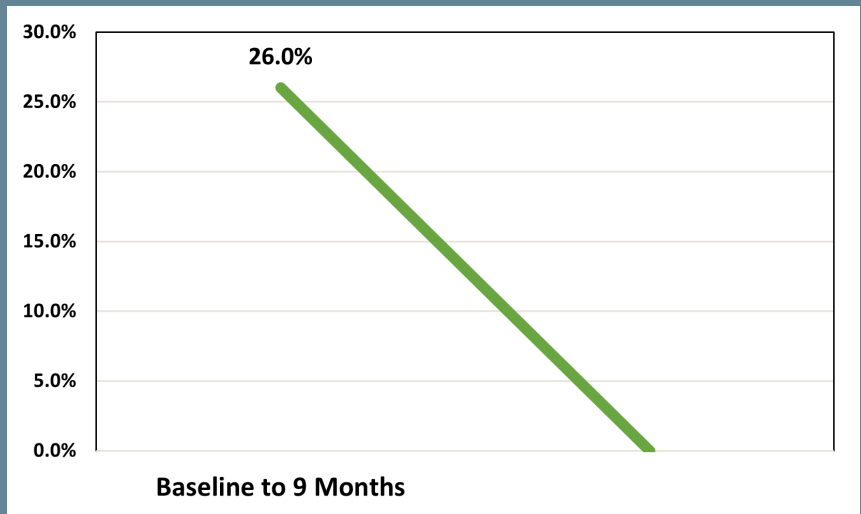
- how they were feeling
- how they would rate their memory
- how they felt about their life



Measure: Mood-Related Signs

Results show a **26%** decrease in residents' mood-related signs from Baseline to 9 Months and include:

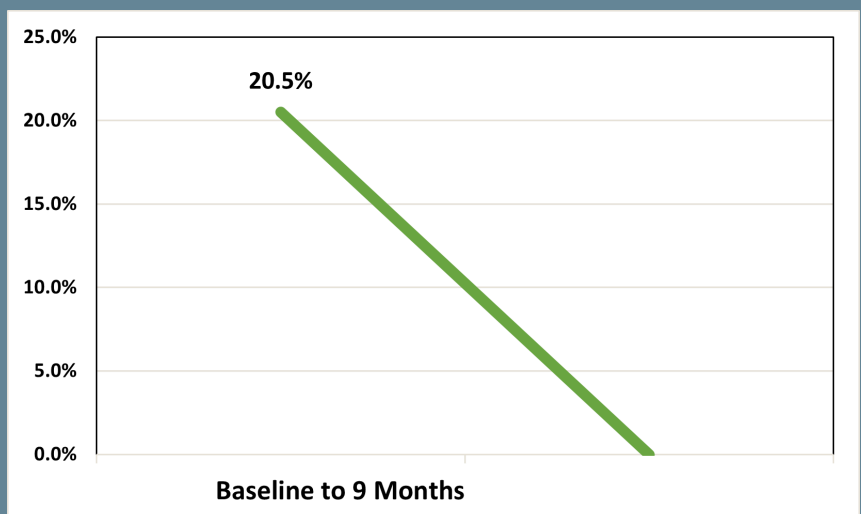
- reduced anxiety
- reduced sadness
- reduced irritability
- reduced lack of reactivity to pleasant events



Measure: Behavioral Disturbances

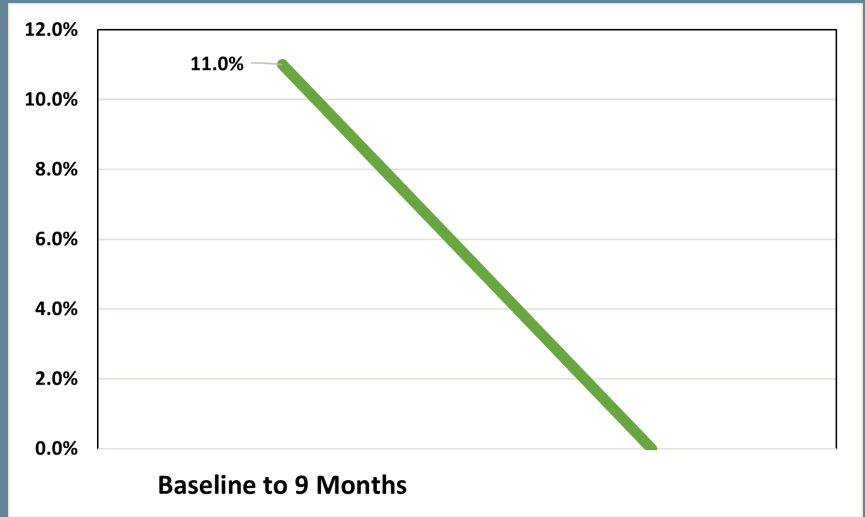
Results show a **20.5%** decrease in residents' negative behaviors from Baseline to 9 Months and include:

- reduced agitation
- reduced multiple physical complaints
- reduced loss of interest in usual activities



Measure: Antipsychotic Med Reduction

11% of residents participating in Art4Life saw a decrease in antipsychotic med use compared to non-participating residents.

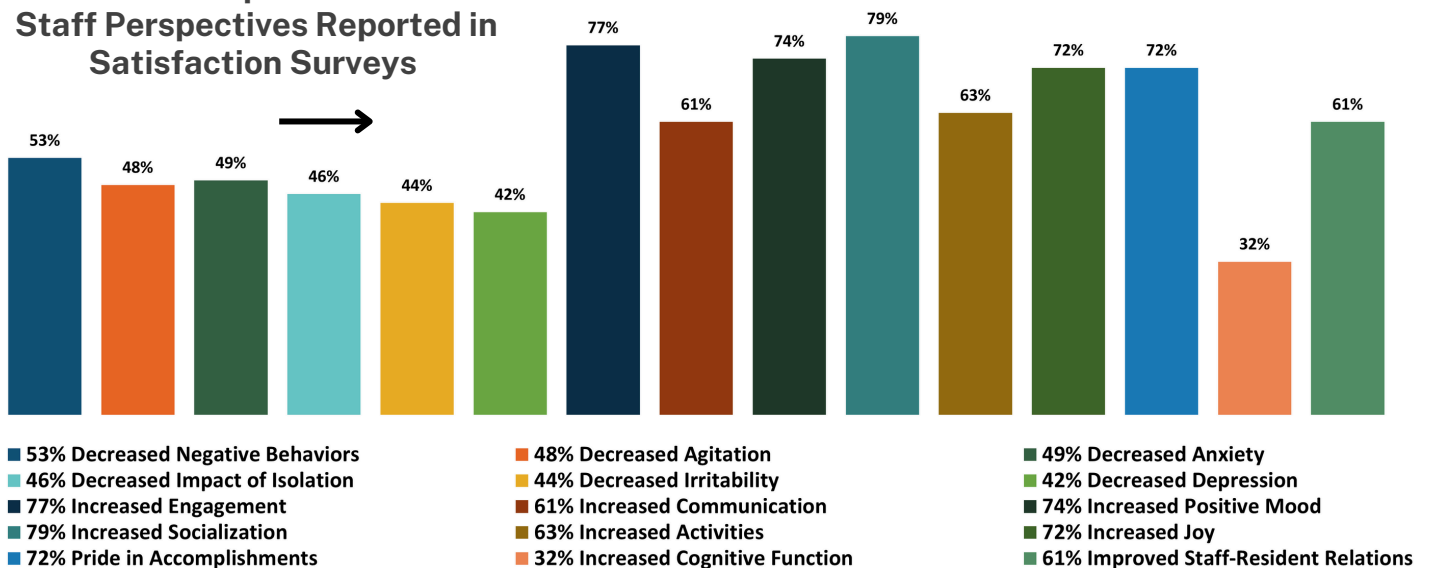


STAFF FEEDBACK

Observations, Experiences & Training Impact per Staff Including:

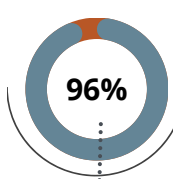
- Nursing
- Direct Care/CNA
- Administration
- Activities / Life Enrichment
- Therapy
- Social Services
- Family Members
- Dietary & Human Resources

Resident Impact Based on Staff Perspectives Reported in Satisfaction Surveys

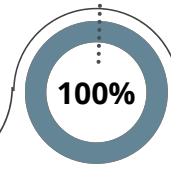


What Staff Say...

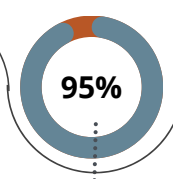
I Feel More Relaxed / Less Stressed in Art Sessions & Enjoy w/Residents



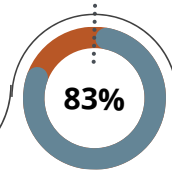
Program is a Great Tool to Learn Value of the Arts



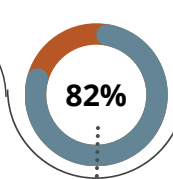
Staff Have Better Understanding of Alzheimer's Disease Post-Training



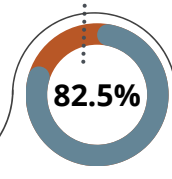
I Feel More Connected to Those I Care for When Engaged in Art Sessions



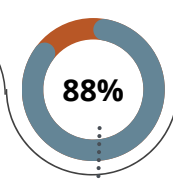
Staff Rate Training & Program as Excellent



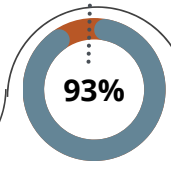
Staff Feel Confident in Facilitating Art Sessions



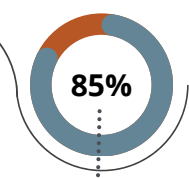
Staff Say Program is More Than Just Arts & Crafts



Staff Believe Residents Enjoy Art Sessions



Staff Believe Art Activities Are a Good Alternative to Some Meds



"I learned how painting can calm your mind and you can focus and also how important a painting can be when you hear the story behind it."

- Staff Comments Re Training

"The Art4Life program has enriched the lives of residents. This program and the way it touched the lives of the residents is truly something every nursing home in the nation needs. From the beginning, the program was so well organized. I am impressed with the impact on our facility. We are truly satisfied and fortunate to have been a part of Art4Life."

- Administration

"We've concluded our year with the Art4Life program and are delighted to report significant benefits among our residents. This initiative notably decreased negative behaviors and reduced psychotropic med use, while fostering a strong sense of accomplishment and community. As the Activities Director, I am deeply gratified by the positive impact and the joy it has brought to our residents."

- Activities

"I learned the affect of stress on the hippocampus in the brain and the way creative art can combat that."

- Staff Comments Re Training

"I absolutely love the therapeutic art program here. I utilize the art program with my patients to increase socialization skills, activity participation, decrease anxiety and depression, as well as a tool to screen residents for deficits in fine motor and coordination skills, sequencing, and following directions. The residents look forward to and enjoy Monday's art classes. We have a lot of fun being creative in a safe environment."

- Occupational Therapy

"It's very important to know that brain cells reproduce through art-making and that people do not lose their imaginations or ability to be creative as they age."

- Staff Comments Re Training

"From the onset, I was excited yet nervous about facilitating such an awesome opportunity to increase joy in life for our population. I saw improvement in spatial concepts as well as an increased level of confidence."

- Activities

"I learned the different ways art and music can help with dementia, memory loss, expression, and the ways focus and redirection can help with pain control."

- Staff Comments Re Training

"How We Celebrated National Nurses Week"

STORY BY: JAZMYN CORDER
LIFE ENRICHMENT LEADER
WELLMORE OF LEXINGTON, SC



The Art4Life team at Wellmore of Lexington, SC knows how important it is to create art along with their residents—to help build residents' confidence and self-esteem in art-making.

It doesn't have to be perfect... to be a masterpiece!

"For this art session, we included our entire nursing staff! RNs, LPNs, and CNAs each partnered with one of our resident-artists and created an image that represented their similarities. Our Art4Life team provided ice breaker questions to get the staff and residents thinking about what makes them happy. Everyone enjoyed taking time out to de-stress and spend some quality time together. Each resident's artwork contains elements the resident and their nursing partner value strongly—or things they love. It was a great opportunity to celebrate our clinical team's hard work and create something meaningful and artistic in the process. We can't wait to have another Art4Life session!"

"Friends"

STORY BY: MARY, RESIDENT-ARTIST
WELLMORE OF LEXINGTON, SC

"We decided to title our artwork 'Friends.' Sarah (CNA) was my partner. We both have children that we love very much, so we drew our kids. We both wear glasses and love looking at balloons. And, we always try and find a rainbow after it rains."





"Sunrise"

STORY BY: TED BLIMAN
LIFE ENRICHMENT DIRECTOR
SPRENGER HEALTH CARE BLUFFTON
OKATIE, SC

"Julio is the premier artist of the Sprenger Bluffton community! He is often found carefully completing dot-to-dot pages and then coloring them in with great care and focus. Here we see him doing his impression of a Sunrise. Staff are often sharpening Julio's pencils and making sure that his supplies and books are readily available!"

"Her Brush Started to Really Paint"

STORY BY: RODESHIA WILLIAMS
LIFE ENRICHMENT DIRECTOR
ROSECREST RETIREMENT COMMUNITY
INMAN, SC

"Allen is always eager to join our weekly Art4Life sessions. She enjoys looking at different kinds of artwork, and she's a great artist. This particular picture is from our beach themed session where residents created artwork that told a story about a day at the beach. Allen doubted herself at first, but after our beach discussion, her brush started to really paint. She expresses how happy she is after the sessions."



This project is scheduled to span 3 years from 5/1/2022 - 4/30/2025 for 100 nursing homes across the State of South Carolina. Project is titled Art4Life and is a program of Thriving4Life®, Inc., a nonprofit, 501(c) 3 organization. Funding is provided by the Centers for Medicare & Medicaid Services and the South Carolina Department of Health & Environmental Control. The project was made possible by Tennessee Technological University.



Thriving4Life secures written permission to share art and stories.