

# Arts Engagement

## IN DEMENTIA CARE MANUAL

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### OBJECTIVE OF THE MANUAL:

**This manual will provide you step-by-step instructions how to:**

- Plan an activity using the 5 areas of wellness
- Gather for the activity using PPA/PPC/PAS™
- Adapt the activity for GEMS™ states focusing on their retained skills
- Complete the activity and celebrate your wins!

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*Inspired by Teepa Snow's GEMS™ states, PAC®  
and Five Dimensions of Wellness*



Dementia Care Solutions LLC

**[www.DementiaCareSolutions.org](http://www.DementiaCareSolutions.org)**

Sheri and Audrey are certified to implement the teachings and trainings about dementia of Teepa Snow and the Positive Approach to Care® (PAC). While based on the educational content from Teepa, and inspired by our Certifications, views or opinions expressed, and additional content offered here, are representative of me, independent of the PAC organization.

This manual focuses on one particular artistic project, Kadinsky's Circles, but can and should be modified for other artistic projects. This project is divided into four parts and can be done in four consecutive dates or once a week or however preferred. **Focus on what part of the activity each participant CAN do.** This is their project, include them is set up, prep and execution. Set your level of expectations where the participants can successfully meet them. Activities should always be failure free.



Adapted from <https://www.ncbi.nlm.nih.gov>  
Kadinsky's Circles: [www.wassilykandinsky.net](http://www.wassilykandinsky.net)

## FIVE AREAS OF WELLNESS



### Physical

Care for your body to stay healthy now and in the future.

### Intellectual

Grow intellectually, maintain curiosity about all there is to learn, value lifelong learning, and respond positively to intellectual challenges.

### Emotional

Understand and respect your feelings, values, and attitudes. Appreciate the feelings of others. Feel positive and enthusiastic about your life.

### Social

Maintain healthy relationships, enjoy being with others, develop friendships and intimate relations, care about others, and let others care about you. Contribute to your community.

### Spiritual

Find purpose, value, and meaning in your life with or without organized religion. Participate in activities that are consistent with your beliefs and values.

# KADINSKY'S CIRCLES

**Objective of the Project:** Participants plan a 4-part activity that includes the Five Areas of Wellness (Physical, Social, Spiritual, Intellectual, Emotional) and adapt that activity to participant's GEMS™ states.

## PART 1:

### Intro to Circles, Exercise & Mindful Walking

*Objective: Participants will learn about the artist Wassily Kandinsky & abstract art and explore circles through exercise and mindful walking.*

#### Introduction:

**Wassily Kandinsky was a Russian painter and art theorist. Kandinsky is generally credited as one of the pioneers of abstraction in western art.**

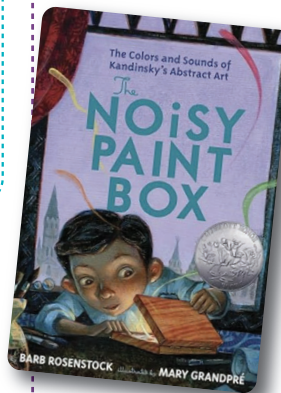
- **Activity 1 (15min):** Leaders will introduce Kandinsky to participants and then listen to books or videos to learn more about Kandinsky (All GEMS™ states)
- **Activity 2 (15min):** Participants are guided through seated exercise group focusing on making circles with hands, arms, legs, feet, head (All GEMS™, Diamond can lead)
- **Activity 3 (15min):** Lead residents on a mindful walking group like walking a labyrinth (walking slow and silently) through facility in circle patterns. (All GEMS™, Diamond can lead)

## Supply List

### Books about Kandinsky

Check your local library!

- **The Noisy Paint Box: The Colors and Sounds of Kandinsky's Abstract Art** by Barb Rosenstock



- **Meet Wassily Kandinsky** by Read With You Center for Excellence in STEAM Education

### Wifi connection to watch YouTube videos:

- **Kandinsky for Kids (6min)**  
[youtube.com/watch?v=cGq1lsgQHAs](https://youtube.com/watch?v=cGq1lsgQHAs)
- **Wassily Kandinsky: Art History (6min)**  
[youtube.com/watch?v=ZUfBl6ilGNo](https://youtube.com/watch?v=ZUfBl6ilGNo)

**Tape** to mark the floor for walking group

Find the complete supply list on page 7.

#### WELLNESS AREA FOCUS //

**Physical:** Exercise improves circulation, strength, coordination and flexibility.

**Intellectual:** Learning a new concept exercises the brain, enhances focus, and promotes overall cognitive function.

**Spiritual:** Mindful walking quiets the mind and encourages self-awareness and stress reduction.

### PART 2:

#### Exploring Circles

*Objective: Participants will explore circles in the environment and discuss the expanding circles of their community.*

**Introduction:** *Circles are a symbol unity, wholeness and community and can be found everywhere in our environment. Let's find them!*

- **Activity 1** (20min): All participants will pass around a sensory bag and one by one explore circular objects (hockey puck, golf ball, frisbee, coaster, bracelet etc.) Leaders can ask participants about each item, including: what each feels like, to find similarities, how would you use each item, etc. (Emerald, Ruby, Pearl)
- **Activity 2** (15-30min): Participants will go on an “I Spy” walking group and find circles in their environment. One person in the group can write down what circles were found (a clock, an orange, a table. Find some more abstract circles, a stain, center of a flower, a cloud, etc.) (All GEMS™, Diamond can lead or write)
- **Activity 3** (10min): Participants will be seated to watch video of “The Circles All Around Us” and discuss their circles of friends, family and community. (All GEMS™)

#### Supply List

- **Curiosity Bags**  
Fabric bag (or pillow case) filled with circle objects such as:  
Hockey puck, golf ball, frisbee, coaster, cd, roll of tape, bracelet
- **Paper and Pencil** to write down where circles are found
- **Wifi connection to watch video of book “The Circles all Around Us” by Brad Montague.**  
(Choose one 4-5min)  
[youtube.com/watch?v=Vm5bmjbM33Q](https://www.youtube.com/watch?v=Vm5bmjbM33Q)  
-OR-  
[youtube.com/watch?v=BoGglWsVhPY](https://www.youtube.com/watch?v=BoGglWsVhPY)



Find the complete supply list on page 7.

#### WELLNESS AREA FOCUS //

**Physical:** Walking group improves circulation and balance, sensory activity improves fine motor coordination.

**Intellectual:** “I Spy” activity and sensory activity exercise the brain’s visual center, word finding ability and memory.

**Social:** All three activities encourage socialization, reminisce, teamwork and community.



### PART 3:

#### Painting Circles

*Objective: Participants will set up the painting activity and experiment with painting concentric circles.*

**Introduction:** *The artistic process can help us relax while giving us an opportunity to explore our emotions.*

- **Activity 1** (30-45min): Set up painting area:  
Place tablecloths (Emerald)  
Cut watercolor paper into 16 pieces (5" X 6") (Diamond)  
Tape paper to tray, covering the edge about 1/2 inch on each side. (Diamond)  
*TIP: Helps to prevent paper from rippling when wet.*  
Wash and dry paintbrushes and water cups prior to painting (Amber)  
Pass out supplies to participants (Diamond)

- **Activity 2** (30min): Paint Concentric Circles (one inside another)

**TIPS:**

- Wet the paint in the palette to soften it, this will make darker color.
- When painting a circle, let it dry before painting another circle. Use a hair dryer if needed.
- Move the water cup away if the painting becomes too saturated.

*Leaders to support participants as needed. (See Pg 9-10)*



#### Supply List

- Watercolor palettes
- Brushes - different sizes
- Water cups
- Watercolor paper - Cut in 5x6 inch pieces
- Rulers, pencil, scissors
- Vinyl tablecloths
- Flat wood board, or plastic trays to create flat work surface
- Masking tape
- Hair dryer



Find the complete supply list on page 7.

**WELLNESS AREA FOCUS // Physical:** Painting promotes fine motor coordination.

**Intellectual:** Painting increases brain activity and enhances focus.

**Emotional:** Set-up and helping others promotes feelings of purpose and self-worth. Painting encourages making choices, exercising patience and promotes creativity.

**Spiritual:** Like mindful walking, painting concentric circles quiets the mind and promotes stress reduction.

### PART 4:

#### Completion & Celebration

*Objective: Participants will Kandinsky's Circles art project and celebrate their accomplishment with a party.*

**Introduction:** Celebrations can help people feel valued and appreciated and can strengthen relationships.



- **Activity 1** (30min): When dry, remove tape and paintings from boards and trim to 4x5 (Leader, Diamond).  
Choose placement of circles in picture frame (All GEMS™)  
Collect the circles and bring them up (Emerald)  
Place the circles (Diamond)  
Hold down circle in place while taped (Ruby)  
Leader to assist with taping, (and secure in frame later)
- **Activity 2** (10min): Stand or sit in a circle and hold hands.  
Each hand gets squeezed, one-by-one, so the squeeze gets passed around the circle. Leaders can assist with HUH and switch directions (All GEMS™). *Alternative option: Pass a hula hoop or circular object from person to person.*
- **Activity 3** (10-30min): Sit in a circle and have a sing-along (All GEMS™)
- **Activity 4** (30min): Enjoy snacks and socialize (All GEMS™)  
Serve snacks/beverage (Diamond, Emerald)  
After, gather plates/cups and wipe tables (Amber, Emerald)  
Deliver treats to others and package/store leftovers (Diamond)
- **Activity 5** (10min): Unveil the final project.  
Choose where to hang it, add to social media, take pictures with the artists, etc. (All GEMS™)

#### Supply List

- **Frame to display art** - Picture/poster
- **Scissors and Tape**
- **Circle shaped snacks** - Ideas: cookies, crackers, donuts, bagels, meatballs, pancakes
- **Beverage of choice**
- **Misc Supplies** - Plates, napkins, cups, table cleaner & washcloth
- **Music** - preformed live or YouTube videos.  
“We are dancing Sarah’s circle”  
“May the circle be unbroken”
- **Bedsheet or towel** - for unveiling

Find the complete supply list on page 7.

#### WELLNESS AREA FOCUS //

**Social:** Socialization can prevent feelings of isolation and loneliness. It promotes communication, listening and cooperation.

**Emotional:** Celebration values the participants’ efforts towards completion of the project and promotes teamwork and community.

# KADINSKY'S CIRCLES - COMPLETE SUPPLY & RESOURCE LIST

## Part 1

- **Books about Kandinsky**

*Check out from your local library!*

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***Meet Wassily Kandinsky*** by Read With You Center for Excellence in STEAM Education

- **Wifi connection to watch videos:**

***Kandinsky for Kids (6min)***

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***Wassily Kandinsky: Art History (6min)***

[youtube.com/watch?v=ZUfBl6iIGNo](https://youtube.com/watch?v=ZUfBl6iIGNo)

- **Tape** to mark the floor for walking group

## Part 2

- **Curiosity Bags**

Fabric bag (or pillow case) filled with circle objects such as: hockey puck, golf ball, frisbee, coaster, cd, roll of tape, bracelet

- **Paper and Pencil** to write down where circles are found

- **Wifi connection to watch video of book “The Circles all Around Us” by Brad Montague.** (Choose one 4-5min video)

[youtube.com/watch?v=Vm5bmjbm33Q](https://youtube.com/watch?v=Vm5bmjbm33Q)

[youtube.com/watch?v=BoGgIWsvhPY](https://youtube.com/watch?v=BoGgIWsvhPY)

## Part 3

- **Watercolor palettes**

- **Brushes** - different sizes

- **Water cups**

- **Watercolor paper** - Cut in 5x6 inch pieces

- **Rulers, pencil, scissors**

- **Vinyl tablecloths**

- **Flat wood board, or plastic trays** to create flat work surface

- **Masking tape**

- **Hair dryer**

## Part 4

- **Frame to display art** - Picture/poster

- **Scissors and Tape**

- **Circle shaped snacks** - Ideas: cookies, crackers, donuts, bagels, meatballs, pancakes

- **Beverage of choice**

- **Misc Supplies** - Plates, napkins, cups, table cleaner & washcloth

- **Music** - preformed live or YouTube videos.  
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“May the circle be unbroken”

- **Bedsheet or towel** - For unveiling

# POSITIVE APPROACH TO CARE

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Relationship is more important than getting your tasks completed, when approaching a person with dementia.

## POSITIVE PHYSICAL APPROACH (PPA™)

- Always approach in their visual field.
- Put your right hand next to your face and greet by name.
- If you need to get connected, offer your hand and once connected shift into HUH™
- Stand to the side, not in front and be sure to be at or below eye level.

## POSITIVE PERSONAL CONNECTOR (PPC™)

- Offer a compliment, notice something about them or the environment
- Share something about you and then ask about them
- Be curious about any unmet need they may have.

## POSITIVE ACTION STARTER (PAS™)

*(Avoid Yes and No questions)*

- **Help-** Ask for help, a favor, or ask for their opinion.
- **Try-** Use “try” when looking for them to engage. “Let’s try.”
- **Choice-** Always give choices.  
“Would you like to sit here or there?” “Do you like red or another color?”
- **Short and Simple-** Give just one piece of information to get people moving.  
“Let’s go.” “Time for a walk”
- **Step by Step-** If they need more support, be sure to break the task down into steps.  
Instead of saying, “Want to paint?” say, “Here’s your brush”  
Once they have it then say, “Put it in the water” and then “get some paint”, etc.  
Be sure to use visual cues.



# GEMS™ APPROACH TIPS



Positive  
Approach®  
to Care

	DIAMOND	EMERALD	AMBER	RUBY	PEARL
<b>Characteristics that may be present</b>	<p><b>Tend to like routine and rules followed</b> Seek authority to “right” the “wrongs.”</p> <p><b>Says what they think</b> Even if it could hurt feelings.</p> <p><b>Complete Tasks with minimal cues</b> Can get started on a task and are able to complete steps independently with occasional cues.</p>	<p><b>“On the go”, but with purpose</b> Makes mistakes or skips steps, but wants to be independent.</p> <p><b>Time/Place Confusion</b> Confusion with “when and where” they are. May think they are in a different era or place.</p> <p><b>Socially Engaged</b> Enjoys social chit-chat and will want to stay.</p> <p><b>Help with tasks</b> Needs help getting started and cueing with each step.</p>	<p><b>Sensory driven</b> Seeks sensation and do not always see safety concerns.</p> <p><b>Lives in the moment</b> Aren’t too concerned about the steps in a task. Mostly interested in the step they are on, if stimulating. May be stuck in a moment.</p> <p><b>Item Confusion</b> May use an item the wrong way or be confused as to what it is, or how to use it.</p>	<p><b>Retain strength and lose skill fingers</b> Follows the line with fingers to find things moving slowly.</p> <p><b>Likes rhythm</b> Follows music, and reads tone of voice and facial expressions well. Chatty but they may struggle to annunciate. May only use 1-2 true words.</p> <p><b>Benefits from HUH™</b></p>	<p><b>Often hidden within their shell, like a pearl</b> Physical body is limited in ability, but they can still feel the world around them through their skin.</p> <p><b>Communicates through sounds and few words</b> No longer walking and rely on the skill of their care partners to feel engaged and purposeful in life.</p>
<b>Visual Field</b>	Scuba Vision	Binocular Vision	Binocular Vision with Object Confusion	Monocular	Limited Monocular. Processes the world through other senses.
<b>Verbal Abilities</b>	They can use the same number of words as before but slightly slower.	They are missing 1 out of 4 words when talked to. Usually use 4-5 words in a phrase.	They understand 2-3-word phrases and can say 2-3 words in a phrase.	They can use 1-2 words at a time and can understand 1-2 words.	More responsive to touch and one-word, rhythmic language.
<b>Skill Fingers</b>	They can still do things with their skill fingers, but <b>it might take slightly longer.</b>	They can still do things with their skill fingers, but <b>with more fumbling.</b>	They can still do things with their skill fingers, but <b>not detailed work.</b>	<b>Need helps with tasks that require skill fingers.</b> Ex: eating, buttons, zipper etc.	Hands are often atrophied, benefits from HUH™ and modified HUH™ when supporting. Stay connected on a joint when engaging.
<b>Pace</b> Response time and processing speed may be...	Slightly slower.	About 3 seconds.	About 4-5 seconds.	About 8-10 seconds.	10+ seconds. Responds quicker to dislikes.
<b>Retained Skill &amp; Best Way to Support in Activities</b>	<b>Helpful</b> Give a purposeful job, “I need your help”	<b>Busy Body</b> Give verbal cues, “Let’s try”	<b>Curious</b> Demo the task and hand over	<b>Consistent</b> HUH for support when needed	<b>Patient</b> Focus on senses: music, touch etc

## ACTIVITY:

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

### AREAS OF WELLNESS:

- ☐ Physical ☐ Social ☐ Emotional  
☐ Intellectual ☐ Spiritual

### DESCRIPTION / OBJECTIVE:

**INTRO:** Write down a synopsis or introduction for the activity (think why/what we are doing)

### SUPPLY & RESOURCE LIST

*\*Highlight what needs to be purchased*

**PROCESS/STEPS** Assign attendees/leaders and include GEMS States adaptations you can make (see back).

### ATTENDEE LIST / ASSIGNMENTS

*\*Make sure all attendees have something they can participate in that is failure free.*

### TIPS FOR ENGAGEMENT:

- Ask for help or opinions
- Say "Let's try"
- Avoid "yes/no" questions

NOTES: It is helpful to include a sample, whether something tangible or a picture to reference.  
Activities may be broken down to include prep/setup and clean-up, as well as a celebration, if applicable.  
After the activity is finished, ask the participants for feedback on the activity and fill out the Activity Review below.

### ACTIVITY REVIEW:

Would you do ☐ Yes  
this again? ☐ No

Why or Why Not?

What was successful?

What to change?

Comments/Notes: