

# ArtTherapy4Life® Program Tennessee Project

## IMPACT DATA & SATISFACTION SURVEY RESULTS

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

### A SUCCESS STORY!

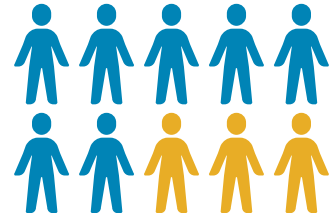
Despite the global COVID pandemic, with outbreaks ongoing throughout this 3-year art project, nursing home staff persevered.

Their efforts to keep residents and patients connected and engaged resulted in 100 nursing homes participating in ArtTherapy4Life.



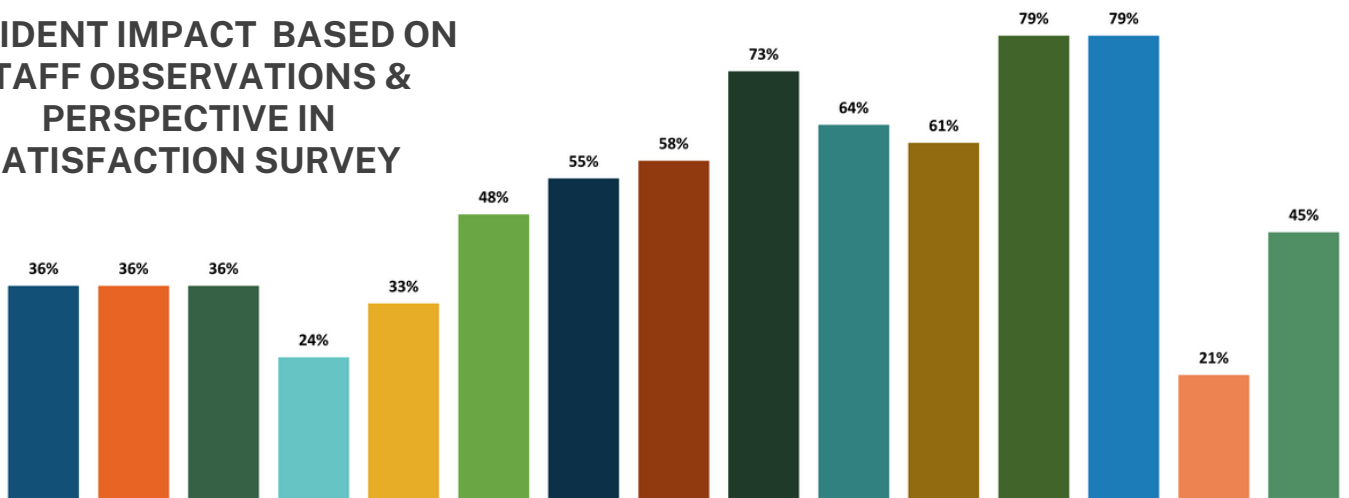
### REPORTING DEPARTMENTS

Activities, Social Services, Nursing, Administration & Marketing



An additional 16% reporting (family, friends & others) were not formally trained, yet they did report a positive impact.

### RESIDENT IMPACT BASED ON STAFF OBSERVATIONS & PERSPECTIVE IN SATISFACTION SURVEY

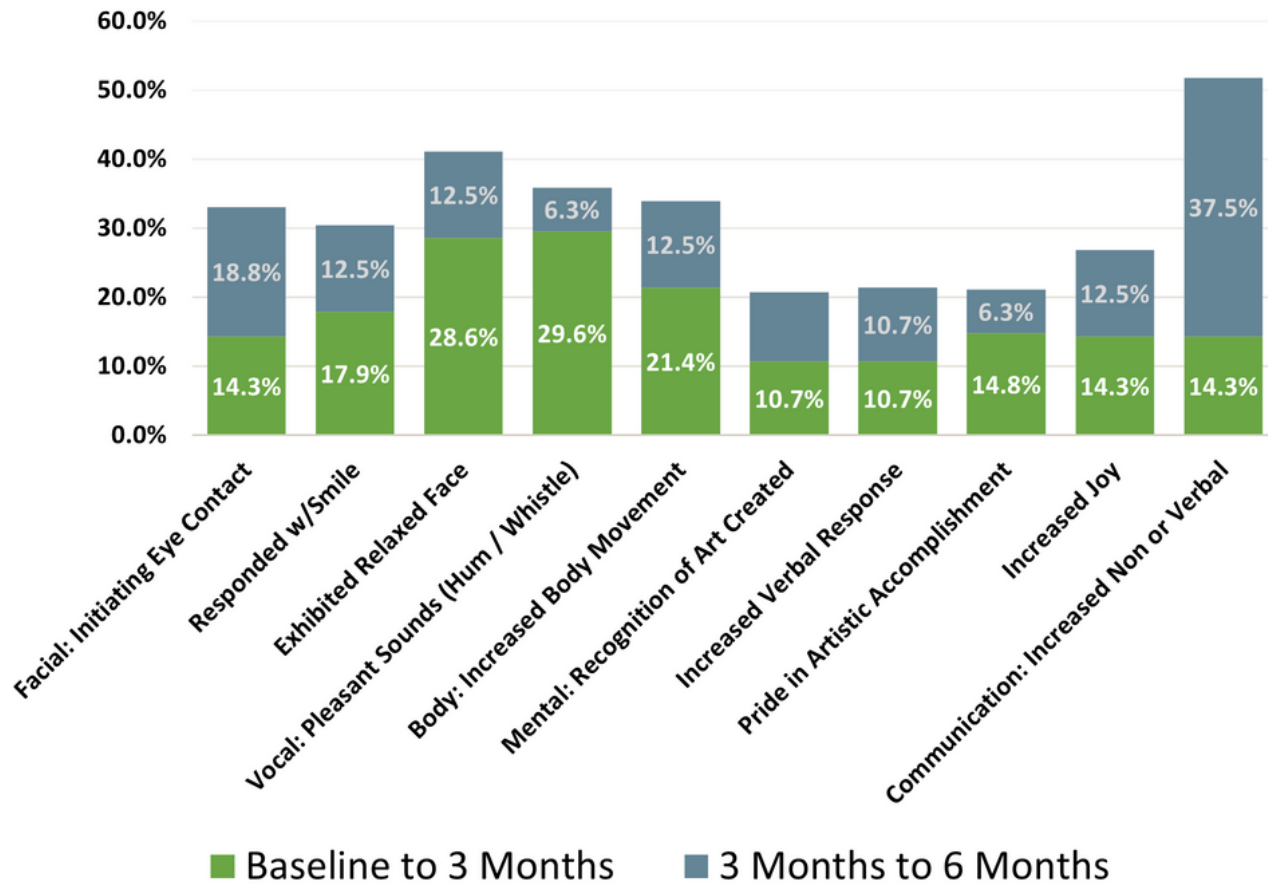


- 36% Decreased Negative Behaviors
- 36% Decreased Agitation
- 36% Decreased Anxiety
- 24% Decreased Impact of Isolation
- 33% Decreased Irritability
- 48% Decreased Depression
- 55% Increased Engagement
- 58% Increased Communication
- 73% Increased Positive Mood
- 64% Increased Socialization
- 61% Increased Activities
- 79% Increased Joy
- 79% Pride in Accomplishments
- 21% Increased Cognitive Function
- 45% Improved Staff-Resident Relations



## RESIDENT IMPACT DATA

**MEASURES: Brain Stimulation, Reduced Impact of Isolation, Improved: Cognitive Function, Communication, Positive Interactions, Autonomy & Well-Being**



### MEASURE: Behaviors

Residents saw a decrease in negative behaviors over time:

- 9.7% decrease in agitation
- 9.4% fewer multiple physical complaints
- 7.2% increased interest in usual activities

### MEASURE: Mood

Residents saw a decrease in mood-related signs over time:

- 10% decrease in anxiety
- 16.5% reported decrease in sadness
- 23.7% decrease in irritability

### MEASURE: Quality of Life

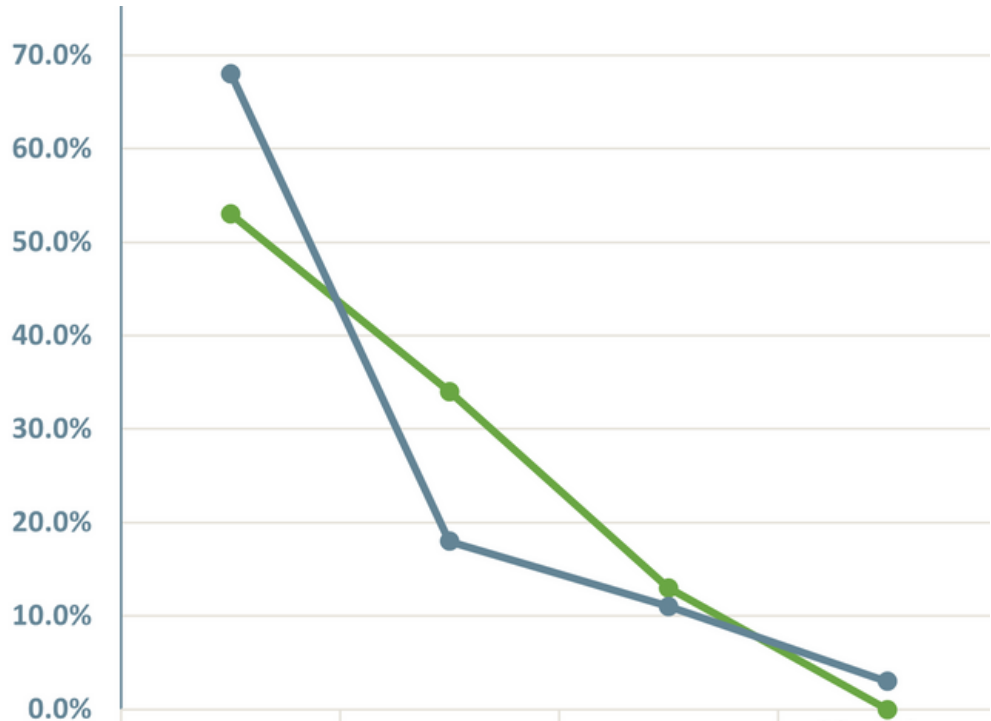
Residents saw an increase in quality of life over time:

- 16.1% expressed they were feeling better overall
- 16.4% reported an improvement in memory
- 13.1% feel better about their life

- Total approximate number of residents impacted through the project: 604
- Total number of staff trained: 345
- Total number of nursing home facilities participated: 100

## RESIDENT IMPACT DATA MEASURE: Antipsychotic Drug Use

Results showed a decrease in the percentage of medications used over time.

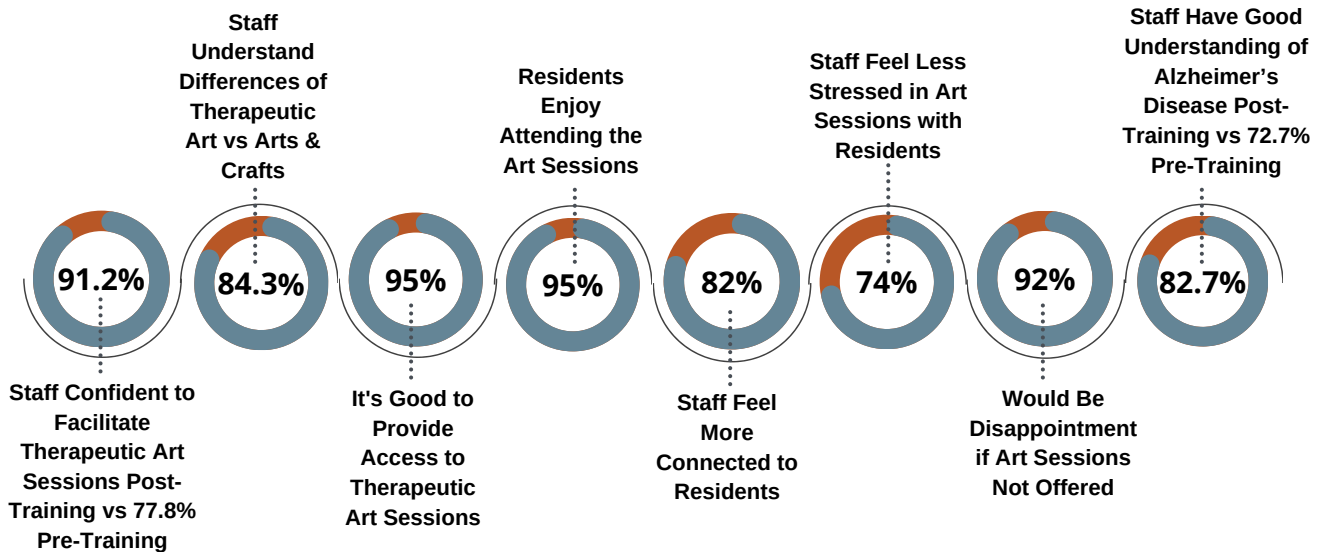


	None	Daily	Twice Daily	More than 3x/Day
Baseline to 3 Months	53.0%	34.0%	13.0%	0.0%
3 Months to 6 Months	68.0%	18.0%	11.0%	3.0%





## KNOWLEDGE GAINED BY STAFF & TRAINING IMPACT



### Activities Director

*"I have seen dementia residents self-propel to the ArtTherapy4Life sessions. Many families and residents look for art displays weekly. It's a very effective program for those with Pseudobulbar Affect (PBA), Parkinson's, Dementia, MS, Alzheimer's Disease, etc."*

### Social Services & Activities

*"This has been one of the best things we've done for our residents. They love it so much. And, our employees enjoy seeing the artwork and talking with residents. I'm so glad we were able to do this."*

### Activities Director

*"So, at the beginning of starting this journey, I have to admit I was a little skeptical - not of the art itself, but in how my residents would be with the program. Let me just tell you, I don't have that feeling anymore. With activities, I have struggled to get things the residents like. Since COVID, it has been even more of a struggle to get my residents out of their rooms. Some of the residents never came to anything. One day I happened to get them to an art session. Now they are coming to almost all art sessions and even other, different activities. Thriving4Life has changed my activity program in a good way. I am so thankful for the opportunities that this program has given my residents."*

### Certified Nursing Assistant

*"I learned how art can improve mood, focus, and stimulate the brain."*

### Director of Nursing

*"I learned different ways you can express yourself through art and how expressing yourself can change your mood."*

### Administrator

*"Through this program, I learned how to engage residents in art, how to manage with all difference stages of cognition, and explore thoughts and feelings."*

### Activities Director

*"I have one resident that is unable to use his hands. He has been painting with his mouth and has shown so much pride in the work he's created. I have another resident that spends a lot of time depressed. When this person begins painting, it's as if the resident has not a care in the world. Art therapy has not only been great for our residents, but also wonderful for our staff as they listen to the stories behind the art!"*



*"Being in California in the service gave me a good outlook on the mountains and the water. It's peace of mind and tranquility. When I was a kid I liked to draw. I joined the Amphibious Navy in 1965, so I got into scuba diving. You learn another degree of this county. Some places are unbelievable...it's like another world."*

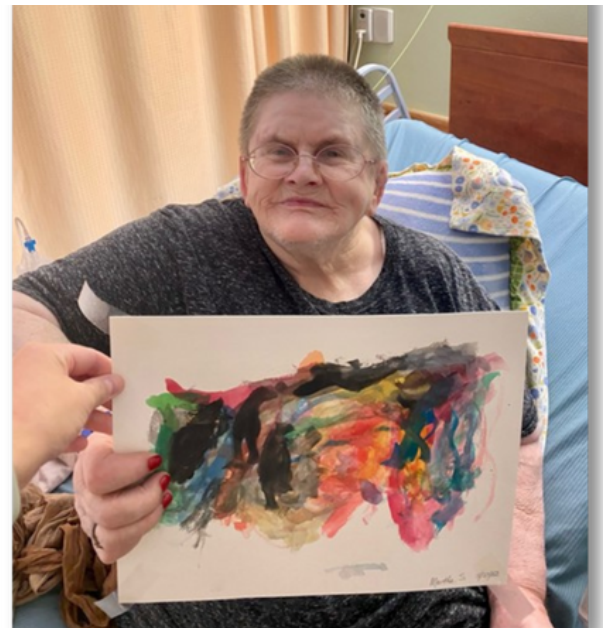
Excerpt from Thriving4Life Documentary  
Phil, Resident-Artist  
Whites Creek Wellness & Rehabilitation  
Whites Creek, TN

*"Martha shared aloud with the group, 'When I was little I loved to roll down the hill behind our house into the hay. All these colors warm my heart. They bring back so many memories of being with my loves ones."*

*During the fall of the year, when the colors are so bright, I was always with my family outside doing things. From work to play, we enjoyed the colors and always knew we had each other.*

*As the years have passed and I look back, some family members are still with us and some are gone, but these memories remain and help keep them close... in my mind and in my heart."*

Excerpt from Story By: Christy Bowlin  
Activities Director  
Beech Tree Health & Rehabilitation - Jellico, TN



**Thriving4Life secures written permission to share art and stories.**

This project spanned 3 years from 9/1/2020 - 8/31/2023 for 100 nursing homes across the State of Tennessee. Project was titled ArtTherapy4Life and is a program of Thriving4Life<sup>®</sup>, Inc., a nonprofit, 501(c) 3 organization. Funding was provided by the Centers for Medicare & Medicaid Services and the Tennessee Health Facilities Commission. The project was made possible by Tennessee Technological University.



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