



Research and attention to Alzheimer's disease and other dementias has been on the forefront within the past ten years. Interest in art with populations in neurological and cognitive impairments is rising. The evidence is overwhelming in showing how art benefits neural activity and improves mood and quality of life. These testimonials and research validate the importance of art and creativity in brain health.

***"Perhaps the best way to describe the success of a therapeutic, expressive art program is to directly quote the comments provided by nursing home staff across the state of Alabama in exit interviews regarding program impact for residents in their care."***

Testimonials: [Available Here](#)

~ Gayle Boswell, Executive Director  
Alzheimer's Education, Research & Services, Inc.

- **"The Connection Between Art, Healing, and Public Health: A Review of Current Literature"**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>
- **The Use of Art and Music Therapy in Substance Abuse Treatment Programs**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4268880/>
- **"Art Therapy in Neurocognitive Disorders: Why the Arts Matter in Brain Health. Surgical,"**  
2019, *Surgical Medicine Open Access Journal*. 2(3). DOI: 10.31031/SMOAJ.2019.02.000540  
<https://pdfs.semanticscholar.org/caea/2ff9d113bb277afae0ad38993dca1c74767d.pdf>
- **Impact of Alzheimer's Dementia on Caregivers and Quality Improvement through Art and Music Therapy** <https://www.mdpi.com/2227-9032/9/6/698/htm>
- **Opening Minds through Art: A preliminary study evaluating the effects of a creative-expression program on persons living with dementia and their primary care partners**  
Kate Levenberg, Daniel R George, Elizabeth Lokon Published February 26, 2021 Research Article [Find in PubMed](https://doi.org/10.1177/1471301221997290) <https://doi.org/10.1177/1471301221997290>
- **Memories in the making: outcome-based evaluation of an art program for individuals with dementing illnesses** *American Journal of Alzheimer's Disease & Other Dementias* (Rentz ET al., 2002.) <https://doi.org/10.1177/153331750502000406>

- **Therapeutic art programs are helpful for individuals with a wide range of diagnoses and impairments** (Yan ET al., 2021; Chancelor, Duncan & Chatterjee, 2014). Chancelor, B., Duncan, A., Chatterjee, A. (2014). Art therapy for Alzheimer's disease ands. *Journal of Alzheimer's Disease* 39 (1), 1-11. <https://pubmed.ncbi.nlm.nih.gov/24121964/>
- **Grand challenge of social isolation** *American Academy of Social Work and Social Welfare (Lubben et al., 2015)*, which has been exacerbated since the onset of the COVID-19 pandemic. <https://grandchallengesforsocialwork.org/wp-content/uploads/2015/12/WP7-with-cover.pdf>
- Neves, B. B., Sanders, A., & Kokanović, R. (2019). “It’s the worst bloody feeling in the world”: Experiences of loneliness and social isolation in older people living in care homes. *Journal of aging studies* 49(2019), 74-84. <https://doi.org/10.1016/j.jaging.2019.100785>

**Since dementia is a degenerative condition, expressing basic needs and being understood can become problematic and lead to a complicated feeling of even greater isolation for sufferers, which is noted as particularly distressing for persons in early stages of Alzheimer’s Disease or other types of dementias.** (Neves, Sanders & Kokanovic, 2019; Poey, Burr & Roberts, 2017).

Poey, J. L., Burr, J. A., & Roberts, J. S. (2017). **Social connectedness, and dementia: Does the social environment moderate the relationship genetic risk and cognitive well-being?** *The Gerontologist* 57 (6), 1031-1040. <https://doi.org/10.1093/geront/gnw154>

- **Effects of expressive arts therapy in older adults with mild cognitive impairment** Yan, J., Lin, R., Zhou, Y., Luo, Y., Cai, Z., Zhu, K., & Li, H. (2021). A pilot study. *Geriatric Nursing* 42(1), 129-136. <https://doi.org/10.1016/j.gerinurse.2020.11.011>
- **Delirium in Hospitalized Older Adults** *New England Journal of Medicine* Edward R. Marcantonio, MD <https://www.nejm.org/doi/full/10.1056/NEJMcp1605501>
- **Art therapy for people with dementia** *Cochrane Library* (Sunita R Deshmukh Et al., 2018 <https://doi.org/10.1002/14651858.CD011073.pub2>
- **Art therapy in dementia care: toward neurologically informed, evidence-based practice** (Elena Guseva Et al 2019) <https://doi.org/10.1080/07421656.2019.1564613>
- **Art museum based intervention to promote well-being and improve quality of life in people with dementia: ARTEMIS project.** *Sage Journals* (Schall Et al 2017) <https://doi.org/10.1177/1471301217730451>