



NICE

National Initiative for the Care of the Elderly

Initiative nationale pour le soin des personnes âgées

Aging and the Performing Arts: Theatre Practices with Older Adults and People with Dementia

with Aynsley Moorhouse, MFA, MSW



Wednesday August 27, 2014

Session 1 - 1:00-4:00pm

Session 2 - 6:00-9:00pm

263 McCaul St., 3rd Floor Classroom, Room 320

Regular rate: \$40; Students/Seniors: \$30

Enrolment limited to 25 per session, light refreshments will be served

Register at www.nicenet.ca

Art infuses life with creativity, depth and meaning, and builds strong relationships and communities. It can provide a safe space for both personal and political expression where the status quo can be challenged – and where real change can occur. And of course, it can be a lot of *fun*.

Through participation and hands-on engagement, in this 3-hour interactive workshop you will:

- learn about performing arts practices with older adults and people with dementia
- leave with a deep understanding of the immense benefits of this type of creative work on individual, community, and systemic levels
- have a toolkit of transferable arts-based exercises and skills to use in your professional practice and personal life.

Bio: Aynsley Moorhouse (MFA, MSW) is a Toronto-based artist trained in both theatre and social work. She has presented her work and lectured in university classrooms, hospitals, academic conferences, arts festivals, and on CBC Radio challenging assumptions about aging, specifically regarding memory loss and dementia. Her particular interest lies in how arts practices can lead to personal growth and social change, particularly in the field of gerontology.

Aynsley leads theatre and storytelling groups for older adults and people experiencing memory loss. Her blog (aynsleymoorhouse.com) is a document of her Ontario Arts Council funded theatre program at the Apotex Nursing Home at Baycrest. It is a weekly view into the project as it grew and developed from the first rehearsal in March 2012 to the final performance in August 2012.

Workshop Overview		
Section	Description	Duration
Welcome and Introductions	<ul style="list-style-type: none"> • Introduction • Workshop overview • Participant introductions • Discussion of learning objectives • Participants are invited to ask questions throughout the workshop and at the end 	10 mins
Exercises	<ul style="list-style-type: none"> • Mindfulness • Vocal warm-up • Physical warm-up 	10 mins
Introduction to theatre	<ul style="list-style-type: none"> • Why theatre? • What this work looks like • Anne Basting and <i>Timeslips</i> • Description of Apotex Theatre Group • Overview of micro, mezzo and macro benefits 	5 mins
Exercises	<ul style="list-style-type: none"> • Me to you • Counting game 	5 mins
Micro benefits: Wellbeing and Quality of Life	<ul style="list-style-type: none"> • Overview • Clinical research • Personal experiences • “We were just a bunch of ordinary people - there was nothing extraordinary about us... And <i>now</i> look at us!” 	10 mins
Exercises	<ul style="list-style-type: none"> • Rhythm word association • Fortunately/Unfortunately 	5 mins
Mezzo benefits: Relationships and Community	<ul style="list-style-type: none"> • Overview • Clinical research • Social determinants of health • Personal experiences 	10 mins
Exercise	<ul style="list-style-type: none"> • <i>Timeslips</i> (Creative group storytelling) 	15 mins
10 Minute Break		
Macro benefits: Society and Social Change	<ul style="list-style-type: none"> • Overview • Applied theatre • Theatre for social change • Augusto Boal and <i>Theatre of the Oppressed</i> • Form and content • Personal experiences 	10 mins
Video	<ul style="list-style-type: none"> • Watch video of theatre group rehearsals and performance • Discussion 	25 mins
Exercise	<ul style="list-style-type: none"> • Group creative exercise 	40 min
Conclusion	<ul style="list-style-type: none"> • Tying it all together 	10 min
Discussion	<ul style="list-style-type: none"> • Questions and discussion • Implications for future research and practice 	20 min

What Previous Workshop Participants Have Said:

“Benefits of Performing Arts Practices was excellent for group activity.” (Annual NICE Knowledge Exchange workshop participant, May 2014)

“Aynsley's work is fantastic and needs to be encouraged in all our work in community and institutions and ties in well with keynote address - Let's focus less on disease and more on quality of life.” (Annual NICE Knowledge Exchange workshop participant, May 2014)

“Aynsley Moorhouse's presentation was filled with thought provoking, useable information. Very well done!!” (Annual NICE Knowledge Exchange workshop participant, May 2014)