

### Getting Ready for Art-Making

The Frye Art Museum has designed a new video series featuring teaching artist Janet Fagan, offering a variety of tips for care partners who are interested in art-making experiences for older adults and people living with dementia at home.

### Making an Art Station at Home

Learn how to make an effective art station to enjoy creative exploration and experimentation with your family member or friend. Happy making!

- Identify a smooth and flat work surface that you are comfortable with getting messy. For instance, you can lay down a large piece of foam core, available at office or art supply stores. Alternatively, you can protect your table or desk by taping down newspapers, tag board, poster paper, a dropcloth, an old tablecloth, or even a cutting board or piece of plywood.
- Find good lighting. You might want to consider using overhead lighting and natural light from a window.
- Find a spot without distractions or ambient noise.
- Note the chair and table heights. Make sure your family member or friend can comfortably rest their forearms or elbows on the table. You may also want to consider using a chair that has a back to it along with cushioning.
- Create an art kit so that you have basic supplies on hand. Start with a container or bag to hold your materials. Suggested dry and wet materials for this art kit include:
  - A container with a lid that doubles as a water container and for holding tubes of paint
  - A selection of paintbrushes
  - A container for paint mixing
  - Glue stick
  - Scissors
  - Pencil with an eraser
  - Water-based markers
  - Water-soluble oil pastels in a separate bag
  - A selection of paper in different sizes, colors, and prints in a folder or envelope
  - Watercolor paper
  - Paper towels
  - Painter's tape
  - Rubber bands