

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.

HANDS-ON HELP

Learn a technique for offering guided physical support for your family member or friend, especially if they are experiencing pain, tremors, or confusion. Happy making!

- Be sure to ask permission of your family member or friend before placing your hand on theirs.
- Gently place your hand over theirs so that you are offering support for the art tool, utensil, etc. Keep in mind that you are not directing their hand, but rather passively supporting while they work.
- If it feels like it may be beneficial, you could also gently guide their hand's direction to help them with a task, such as staying on the page, finding a water container, or find a paper towel or rag.