

Dementia in Cultural Mediation - Improving quality of life through arts and culture

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DEMENTIA IN CULTURAL MEDIATION IMPROVING QUALITY OF LIFE THROUGH ARTS AND CULTURE

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INTRODUCTION

'Dementia in Cultural Mediation' (DCUM) is a transnational project driven by the increasing number of people living with dementia in Europe. The initiative is based on the great potential of cultural and artistic activities as an innovative and dynamic approach to achieve social inclusion of people with dementia in local communities and to improve their quality of life. Through learning from the rich body of knowledge and experiences in the field of arts, culture and dementia care that the involved partners from Belgium, Denmark, Spain and The Netherlands have, the project has a clear ambition: *to reach out and engage local and regional cultural institutions, health and social authorities and end-user groups that want to embrace dementia in a more holistic way through cultural activities in order to create more dementia-inclusive communities.*

"Art makes life more enjoyable and helps us to be still involved in society. I am also convinced that art and culture can help to raise awareness on dementia and communicate about it in an open discussion without taboos. However, the cultural experience should be more tailored to the person with dementia if necessary. For example adjusting the explanation to the pace of the person with dementia during guided tours and enhancing the accessibility of the infrastructure are still challenges to address."

(Paul Goossens, living with dementia and member of the 'Flemish working group of people with dementia')

DELIVERABLES

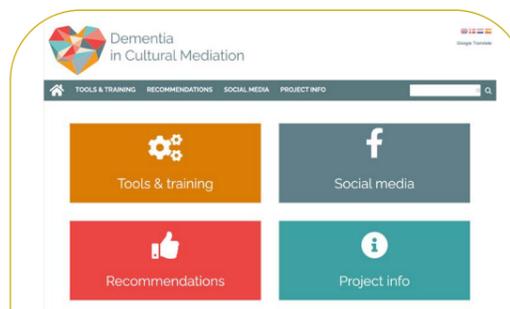
The 'Dementia in Cultural Mediation' project delivered three main outputs:

- 1) **an open source digital toolkit** of inspiring projects shared through a customized website, audiovisual productions and social media
- 2) accompanying **didactic training material**
- 3) **a set of recommendations to contribute to future European efforts in the field of cultural mediation for people with dementia**



THE DCUM TOOLKIT

The 'Dementia in Cultural Mediation' website was launched in March 2022 and contains a wide range of good practices in the field of arts, culture and dementia care. They are presented through videos, digital project descriptions and didactic training material.



The project aims to increase the competencies of cultural mediators working in cultural institutions such as libraries, museums and civil society organizations but also healthcare professionals and policy stakeholders. This occurs by exchanging tools and learning

new ways of practising cultural mediation aimed at people with dementia. The lived experience and valuable knowledge from people with dementia and their caregivers provided guidance and quality control throughout the project development process.

"It is of course important to adapt cultural activities to the daily reality of people with dementia, but on the other hand people with dementia who still want and are able to do so must also be encouraged to take initiatives themselves. This not only concerns artistic activities with fellow people living with dementia, but also opportunities to remain active in regular cultural activities. Also in artistic and cultural activities, a good balance between stimulating capacities and understanding limitations of each person with dementia is vital to respect our autonomy and dignity."

(Jan Van Gils, living with dementia and member of the 'Flemish working group of people with dementia')

GET IN TOUCH!

Are you active in an inspiring social-artistic initiative or do you want to exchange ideas on the topic of the 'Dementia in Cultural Mediation' project? Get in touch with Olivier Constant: olivier.constant@dementie.be. Make sure to check out our website: <https://dementiainculturalmediation.eu/> and follow the project updates through social media on Facebook: <https://www.facebook.com/DementiaInCulturalMediation> and Twitter: <https://twitter.com/dcumproject>.

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Erasmus+



Dementia
in Cultural Mediation

PROJECT CONSORTIUM

Expertisecentrum Dementie Vlaanderen
(Flanders Centre of Expertise on Dementia), Belgium

Vrije Universiteit Brussel, Belgium

Odense Libraries and Citizens Service, Denmark

Fundacion Instituto Gerontologico Matia-Ingema, Spain

Healthy Ageing Network Northern Netherlands, The Netherlands



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