



***“Kudos to the trainers of this course!
The staff who attended it benefited
greatly. The Toolkit is really well-
developed and planned with easy-
to-read instructions.”***

- Participant from Ang Mo Kio Thye Hua Kwan Hospital

About the Trainers:

Kameshwari Rajakrishnan is an Occupational Therapist with SAMH Activity Hub who has extensive experience assisting adults with varying mental health conditions, young adults and caregivers. Working in a multi-disciplinary team, Kamesh is passionate about bringing value to her clients' lives and seeing them improve in their participation of everyday activities. Kamesh holds a Bachelor of Science in Occupational Therapy from the Trinity College Dublin.

Cai Kaining is practicing as an Occupational Therapist with SAMH Activity Hub. Over at SAMH Activity Hub, she works closely with other clinical and non-clinical staff to help residents from welfare homes to achieve a better quality of life through focusing on participation in Activities of Daily Living (ADLs), leisure and vocational engagement. Kaining has a Masters in Occupational Therapy and BSc in Biomedical Sciences specializing in Neurology.

For registration, please contact:

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SENSORY ART

AIC WELLNESS PROGRAMME

WHAT IS SENSORY ART?

This workshop aims to deliver the **sensory benefits of art making**, and explores **how the senses can be stimulated through the usage of various types of art materials and approaches**.

Sensory Art aims to **engage Community Care clients** (e.g., Nursing Home Category 3 RAF) at different levels through their sensory system with the exposure of textures, sounds, hand movements and visual stimulation. The art making process **also encompasses the aim of maximising clients' social interaction and enjoyment**.

Through this workshop, healthcare staff will be learning **art making from an occupational therapy perspective**.

PROGRAMME OVERVIEW

The **2-day workshop (16 hours)** covers:

- The components of Sensory Systems: Definition, Parts & Functions
- The benefits of art-making to stimulate the sensory systems, and the usefulness of art-making to facilitate our senses
- Experiential Session of art activities listed in the Toolkit (Activities will be pegged at a higher level first and discussions will cover how to adapt activity for basic-level to complement the Toolkit)
- Tips on how to scale up activities to be more complex; Conducting activities for individuals and groups

TARGET AUDIENCE

Staff attending this course should:

- Have some experience in facilitating art activities with the elderly
- Be comfortable in conducting group activities
- Be willing to explore different art media.

COURSE FEES

For staff of healthcare VWOs and private nursing homes with portable subsidies under MOH:

Singaporeans and Singapore Permanent Residents	\$73.80 per pax
Foreigners	\$405.90 per pax

For any other organisations and volunteers:

Any other organisations and volunteers (Full Fees)	\$738 per pax
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Each facility should send a minimum of 2 staff to ensure programme sustainability within the care facility.

GST is not applicable.

RESOURCES

Participants will each be given a copy of the Sensory Art Toolkit.

The Sensory Art Toolkit was co-developed by Singapore Association for Mental Health (SAMH) and National Arts Council (NAC).

Kindly note that only confirmed participants will be able to attend the course.

Please arrive at least 10 minutes earlier.

ADDITIONAL INFORMATION

Kindly note that there will be 2 light refreshments provided per day and no lunch will be provided.