

FACT SHEET AIC WELLNESS PROGRAMME

About the AIC Wellness Programme

The Wellness Programme was launched by the Agency for Integrated Care (AIC) in 2014 and aims to improve the wellbeing and quality of life for Community Care clients by:

- Increasing the range of recreational and social programmes accessible to them;
- Exposing them to new activities to help them pick up new skills and interests; and
- Increasing awareness about such activities in the sector and their benefits.

As part of the Programme, healthcare staff are trained to facilitate activities with their residents and clients. They also receive a ready-made, comprehensive curriculum that they can use to implement the activities immediately.

The Programme kicked off with two arts-based pilots – Visual Arts and Creative Movement – with the Community Care sector. The two activities were co-funded by the National Arts Council (NAC). Care settings for the pilot programme included nursing homes and a SPICE centre.

These two activities are now the key mainstays of the Programme, and have been joined by others. The activities have been rolled out to other Community Care institutions such as community hospitals, nursing homes, hospices and senior care centres.

As of April 2016, more than 200 staff from 40 organisations have gone for training to facilitate the various activities.

About the Activities

1. Visual Arts – “2D Arts Expression Toolkit”

This programme engages elderly clients in visual arts activities involving painting, and printing, among other areas, and is led by experienced artist-arts educator, Foo Kwee Horng.

Through an 8 hour workshop and two 1.5-hour post-workshop coaching sessions, care staff are equipped with basic facilitation skills and content to run arts sessions using 10 techniques from the “2D Arts Expression” guidebook developed by the NAC. AIC worked closely with Mr Foo to fine-tune the original curriculum, which

was intended for a general audience, to make it applicable for Community Care clients.

As part of training, the staff are given the guidebook, which has instructions on how to carry out the activities, and a facilitation guide to assist them in running the sessions at their nursing home or eldercare centre. Organisations are encouraged to incorporate variations like sharing and reflection moments or group work to maximise clients' social interaction and enjoyment.

More information about the programme can be viewed [here](#)

2. Creative Movement – “Everyday Waltzes for Active Ageing”

This programme aims to help elderly clients connect everyday actions into creative movements to enhance their mobility, sensory experience and imagination.

It enhances recreational physiotherapy sessions, facilitates social interaction and mind-body connection to improve seniors' wellbeing and quality of life. The programme is led by professional dance company, The ARTS FISSION Company helmed by Cultural Medallion recipient Angela Liong. They also developed the curriculum.

Through four 2-hour workshops and two 3-hour post-workshop coaching sessions, care staff are equipped with facilitation skills and content to run a movement programme for 12 weeks using the “Everyday Waltzes for Active Ageing” curriculum.

Participants receive a facilitation manual containing instructions on how to carry out the activities, a training DVD and music to assist them in conducting the sessions in their care facility.

A video on the Creative Movement pilot can be viewed [here](#).

3. Tai Chi – “Tai Chi for Health”

Introduced in December 2015, this programme aims to benefit the elderly in improving their physical fitness, strengthening their joints and muscles, improving their range of motion and posture, relieving pain and promoting relaxation and concentration.

This programme was developed by Dr Paul Lam, an Australian-based physician and Tai Chi practitioner and has been implemented in a range of healthcare organisations in Australia, USA, South Korea and the United Kingdom. Tai Chi has received favourable mention in the USA by the Centers of Disease Control and Prevention and the Administration on Aging as an exercise form to prevent falls, and as a good evidence-based activity for promoting health and wellness for older adults. Sessions at the AIC Learning Institute are led by Tai Chi Master Trainer, Jennifer Chung.

Through two 8-hour workshops and two 1.5-hour post-workshop coaching sessions, care staff are equipped with knowledge about how Tai Chi can positively impact

health and learn the Tai Chi movements. Staff will also be taught how to facilitate such sessions for clients.

Participants receive a facilitation guide as well as a training DVD to support their learning. They also receive a facilitator's certification which is valid for two years.

4. Visual Arts - Sensory Arts Toolkit (new programme to roll out on July 2016)

To be introduced in July 2016, this programme aims to engage elderly clients and maximise social interaction through sensory art activities. This Toolkit was co-developed by Singapore Association for Mental Health (SAMH) and National Arts Council (NAC), and explores art making from an occupational therapy perspective.

This programme is a further exploration for healthcare staff who had previously attended the "2D Arts Expression Toolkit". In "Sensory Arts Toolkit", staff are equipped with the knowledge of how an individual's senses can be stimulated through the physicality of the art materials, textures, sounds produced, hand movements and visual stimulation within the art-making process.

Through a 1.5-day workshop, and a 2-hour post-workshop coaching session, care staff will be taught the benefits of art-making to stimulate the senses and the usefulness of art-making to facilitate our senses. They will also try their hand at the actual activities and receive tips on how to adapt the activities to suit the individual or groups.

Participants receive a guidebook containing instructions on how to carry out the activities, and a facilitation guide to assist them in running the sessions in their care facility.

Findings from Visual Arts (2D Arts Expression) and Creative Movement Pilots

Elderly participants were generally more cheerful during the programmes, showing interest and positive emotions. They also experienced increased confidence, self-esteem and sense of accomplishment thanks to the acquiring of new skills and the exposure to new interests and experiences. Some participants also found that their memory improved, and had greater social interactions among one another.

For the staff involved, they were able to learn more about and understand their clients better. The activities have helped them to improve their observation skills and build stronger rapport with each other and their clients.