

## About the Trainer

**Ms Deborah Chen** is Deputy Head, Creative Hub with Singapore Association for Mental Health (SAMH). She graduated from the Nanyang Technology University with a Bachelor of Fine Arts, majoring in Visual Communications. She began her career in 2011 and was involved in laying the foundation for Creative Hub's community based programme. She received her Masters in Art Therapy in 2016 and has begun her clinical practice for clients of various age groups.

**Ms Linda Chua** is a Senior Occupational Therapist with SAMH and works at the Activity Hub @ Pelangi Village and Creative Mindset. She holds a Bachelor of Science (Honours) in Occupational Therapy from Trinity College Dublin, and is a Certified Psychiatric Rehabilitation Practitioner with the United States Psychiatric Rehabilitation Association (USPRA). She also has experience working in physical rehabilitation in hospital settings.

**Ms Lisa Goh** is an Art Coordinator with SAMH. She graduated from Temasek Polytechnic with a Diploma in Visual Communication and has previously worked as a graphic designer. Her present work mainly involves facilitating arts and craft sessions for SAMH's elderly residents.

**Ms Priscilla Huang** is an Occupational Therapist at SAMH. She graduated from Curtin University, Perth and worked with "rough sleepers" (homeless) and mental health consumers in various settings. Presently, her work involves integrating the arts with occupational therapy and she hopes to expand this expertise.



For any enquiries, please contact:

**Agnes Sobha**

ILTC Manpower Development & Resourcing Division

**Agency for Integrated Care**

**Tel : 6603 6854**

**Fax : 6820 0728**



# Sensory



**Wellness Programme**

**Sensory Art Toolkit**

One of the domains of the Enhanced Nursing Home Standards is on Psychosocial Care. Improve this aspect of care in your nursing home by taking part in this new training programme!

## WHAT IS SENSORY ART TOOLKIT?

The Sensory Art Toolkit was co-developed by Singapore Association for Mental Health (SAMH) and National Arts Council (NAC). From an Occupational therapy's perspective, this workshop explores how an individual's sensorial system can be stimulated through the physicality of the art materials in the art activities. The textures, sounds produced, hand movements and visual stimulation within the art making process, contributes to evoking one's sensorial system. This will be a guided workshop and aims to deliver the sensory benefits of art making.

### Workshop objectives:

This programme aims to equip healthcare staff to facilitate elderly clients (**Category 3 RAF**) in sensory art activities. The training session encompasses hands-on practice of selected activities in the provided "Sensory Art" activity Toolkit and will also explore art making from an occupational therapy perspective. Suggestions to maximise clients' engagement, social interaction and enjoyment of these activities will also be discussed.

## Programme Outline

### Workshop

**One and half day workshop (1.5 days, 12 hours)** will cover the following topics:

- The components of Sensory Systems: Definition, Parts & Functions
- The benefits of art-making to stimulate the sensory systems, or 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 toolkit)
- Tips on how to scale up activities to be more complex; conducting activities for individuals and groups

### Follow-Up Coaching Sessions

**One follow-up coaching session (2 hours)** will be organised after training to address questions from participants and

provide suggestions after participants have rolled out the programme in their organisations.

**Total number of training hours: 14 hours**

## Target Audience

### Recommendation

Staff of ILTC Facilities who are recommended to attend this course should have:

- Experience in facilitating activities with the elderly and/ or;
- Previously attended "2D Arts Expression" training

Participants should preferably be comfortable conducting group activities and able to give instructions in simple English. Each facility should send a **minimum of 2 staff** to ensure programme sustainability within the care facility.

## Course Fee

Healthcare VWOs and Private Nursing Homes with portable subsidies:

- Singaporeans & SPRs = \$41.20 per pax
- Non-Singaporeans & Non-SPRs = \$192.87 per pax
- Any other organisations = \$344.54 per pax

Course fees stated are inclusive of GST.

No	Course Dates	Time	Venue
Run 3	14 & 15 Mar 2017	Day 1: 9am-6pm	AIC Learning Institute @ City Square Mall
		Day 2: 9am-1pm	Address: 180 Kitchen Road, #06-05/06, S'pore 208539

## Date, Time, Venue

### Follow-Up Coaching Sessions

Participants from each care facility to arrange date and venue with the trainer. There will not be any replacement for cancellation of sessions once confirmation is made.