



# Art Program for Those Living with Alzheimer's and Dementia

MEMORIES IN THE MAKING® is the signature art program of the Alzheimer's Association. This unique program, introduced in 1988, allows individuals with Alzheimer's disease and related dementias to express themselves through art and communicate or share the essence of who they are.

## Program Benefits

- Provides a supportive, non-critical environment where the participant can form new friendships, share opinions and thoughts without judgment.
- Recognizes artists have many meaningful things they would like to say, no matter how diminished their verbal expression might be.
- Does not "teach or criticize," but coaches and encourages.
- Focuses on what the participant can do, not on what skills have been lost.
- Allows persons with diminished verbal and organizational skills to communicate through art.

## Benefits for the Individual with Alzheimer's

- Encourages and fosters communication through painting and awakened memories.
- Increases self-esteem through the creation of something of value.
- Satisfies the intrinsic need for work ethic.
- Provides a "safe" environment of trust for the participants to interact socially.
- Increases the level of concentration, sustained attention and normalcy.
- Fosters family communication to share about the art and the story behind it.

## How it Works

Memories in the Making is delivered through community social engagements or through long-term care communities throughout Wisconsin. Care partners and those living with Alzheimer's or dementia join in an art session led by an instructor. Art supplies are provided. At this time all sessions are meeting virtually.

## For More Information

Kathi Hayen, Memories in the Making Program Coordinator  
414.479.8800 or [klhayen@alz.org](mailto:klhayen@alz.org)

