

ARTS - “Sensory Art”



*(Left) Nursing home staff facilitating a sensory art session,
(Right) an artwork from the Sensory Art curriculum (Photo credit: National Arts Council)*

Research has shown that sensory art activities are effective in engaging Community Care clients and enhancing social interaction. This toolkit, co-developed by Singapore Association for Mental Health and National Arts Council, also explores artmaking from an occupational and art therapy perspective.

Community Care staff will be **equipped with the knowledge of how artmaking can stimulate the senses (through art materials, textures, sounds, hand movements and visual stimulation)**. They also get **hands-on practice** and **tips on adapting these activities for their clients**.

Participants will receive an **Activity Toolkit** containing instructions on how to carry out the activities.

Course Fees and Dates

To find out more on course fees, available course dates and register your interest, please contact healthyageing@aic.sg.

How can I find out more?

Please contact us at healthyageing@aic.sg
Healthy Ageing Department; Agency for Integrated Care