

# “Fear of losing dignity: Fostering independence”

Creativity applied to fear (activity 8)

# „Creating Wellbeing“

## CREATIVITY APPLIED TO FEAR

### 1. NAME OF THE ACTIVITY

Fear of losing dignity: Fostering independence

### 2. DESCRIPTION

The loss of dignity is one of the most difficult issues that elderly people encounter.

When an elderly person begins to fear losing their independence, they may feel a variety of emotions. They may become enraged, be perplexed about what is happening to their body or life, or fearful of what the future holds for them.

According to studies, elderly individuals fear losing their independence more than death.

Changes in intellect or physical ability can be challenging for anybody, at any age. While there may be new constraints that older people must overcome, it's critical to consider what they can accomplish and how they can do it. Older individuals can keep their sense of independence for as long as possible with the help of family and friends.

Growing older does not have to imply that people lose their ability to make decisions for themselves or that they lose control of their life. They can continue to perform things on their own with the correct assistance.

So, how can we assist elderly people in maintaining levels of independence for a longer period of time? How can we assist them in remaining in their own homes (if that's where they are), instill confidence in their own talents, and keep them engaged and socially connected to the activities and people they desire?

This task is suitable for seniors in a good condition regarding mental health and cognitive abilities.

### 3. OBJECTIVES

The aim behind this tool is to combat the fear that elderly people might feel when it comes to losing dignity and independence. It is important that the patient does not feel the purpose of the activity is to eliminate fear, but to be fun and engaging.

## 4. RESOURCES AND MATERIALS

- MUSIC
- SMARTPHONE/ LAPTOP /AUDIO SYSTEM
- PAINTING BOARD
- KNITTING TOOLS
- COLORING BOOKS
- CERAMIC WHEEL (OPTIONAL)

## 5. IMPLEMENTATION – INSTRUCTION

### PHYSICAL ACTIVITY

Physical activity helps seniors maintain their independence in a variety of ways, from minimizing falls and significant injuries to preventing serious health problems like heart disease and diabetes.

Dance, walking, weight training, swimming, gardening, and housekeeping are just a few of the low-impact physical activities seniors can engage in to maintain their body's strength and health if first allowed by their physician.

If you're a caregiver, involving the older person in physical exercise is a terrific way to inspire them. Offer to go for walks with them, join them in a fitness class, or do the heavy lifting while they do other housework or tasks.

### ARTS AND CRAFTS

The possibilities are infinite when older people engage in arts and crafts. The pleasure we derive from creating art is enormous, and it unlocks an abundance of advantages.

Painting and drawing, for example, have been shown to improve confidence and hand-eye coordination in older people. Arts and crafts are ideal for older people since they promote brain activity, focus, and general mental wellness.

Quilting, collage-making, sewing, and scrapbooking are all terrific indoor activities for adult children visiting their parents in senior living homes and care home facilities. Projects like these, on the other hand, are also excellent activities for seniors who are on their own.

Essentially, when we make or create art, we are utilizing our ideas in a freeform manner that activates certain parts of the brain. This provides a lot of advantages for older people.

Knitting, for example, requires elderly individuals to follow or create patterns that activate particular and diverse portions of the brain. Crafting, for example, has been shown to lessen the risk of moderate cognitive impairment by as much as 50%.



**NOTE:**

Holiday seasons are also a perfect time for residents of assisted living and nursing homes to have fun creating decorations because they can share what they've made with family and friends and get in a mindset of pure joy and celebration.

Here's a selection of arts and craft ideas for seniors:

- Knitting and crocheting



- Sewing

- Collage

- Painting

- Ceramics

- Colouring

## 6. EXPECTED RESULTS

- Enhanced overall health

- Improved brain function



- Reduced stress and anxiety

- Heightened sense of confidence and wellbeing

- A feeling of accomplishment

- Improved relationships with relatives and friends

## 7. PREPARED BY





*"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."*