

„Photography exhibition”

Creativity applied to Sadness

„Creating Wellbeing”

CREATIVITY APPLIED TO SADNESS

1. NAME OF THE ACTIVITY

PHOTOGRAPHY EXHIBITION

2. DESCRIPTION

In this activity, care workers support the older people in their care to develop their creative skills and alleviate feelings of sadness through taking photographs around their environment and discussing them.

Photographs can be creatively themed and exhibited in common areas of a care home or other accessible area, or online for those may be in domiciliary care.

3.

OBJECTIVES

To help the older person overcome feelings of sadness by taking photographs of objects that and views that interest them, sharing them with others, and talking about them.

To develop creative skills when reflecting on subjects for the photographs and taking photographs from different angles, viewpoints.

To develop observational and reflection skills as well as discussion skills about their likes, dislikes and opinions in connection with the subjects of the photographs.

4. RESOURCES AND MATERIALS

- A camera or a phone with a camera
- A printer
- A notice board or suitable place to put up printed images

5. IMPLEMENTATION – INSTRUCTION

1. Engage the older person by showing them a set of photographs or images of things that might interest them, such as flowers, landscapes, animals, etc. You can do an online image search on your phone or laptop. Ask them about their thoughts and feelings when they see these images, e.g. “What do you think about this picture?”, “Do you like it?”, “Why / Why not?”, “Which one is your favourite?”

2. Tell them that they’re now going to take some pictures of their own to talk about with you (and others). Ask them what they would like to photograph from their immediate environment – you could also go outside with them or for a walk.

3. If they have a mobile phone, they could use the camera on it. If not, you could allow them to use yours. Aim to take 5 – 10 pictures.

4. Review each picture and talk about them, as in Step 1.

5. Print the photographs and put them up in a common area (if in a care home) or consider uploading them to an online platform if they are alone in domiciliary care, such as Flickr or Instagram (you might need to help them open an account).

6. Encourage them to give each photograph a title, and possible a description. Engage others by asking a question by the description and leave a pen and paper for comments. If in a care home, consider bringing a group of residents together to discuss the photographs, following

the guided questions in stage 1. You could then encourage others to create their own exhibitions and discussion a different set of photographs the following week.

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

Identify a specific theme which a series of photographs could follow, for example: flowers; things we find in the garden; things that are important for me; things that are interesting or unusual, things of a similar colour or size, things that have a specific or unusual use, close-ups, etc.

7. EXPECTED RESULTS

1. In addition to the objectives listed above, the older people should become positively engaged both with the subjects of the photographs as well as the people they are discussing them with.
2. Their creative skills will be developed and practiced.
3. They should also develop feelings of pride to see their photographs on display and other people engaging with them.
4. Finally, as an additional result, the wellbeing of the people that view and discuss the images should also be increased, through engaging with and discussing this mini art exhibition (photographs).

8. PREPARED BY



