

Arts and Crafts Intervention Protocol



General Purpose: To improve social interaction, increase cognitive stimulation, and create a craft that has personal meaning.

Materials Needed: Poster board with pieces of paper of all the colors of the rainbow and the meanings of colors written on them, elastic bands, scissors, and colors of the rainbow of beads.

Population: All populations

Program Description: Create a bracelet using a variety of colors that represent and/or having meaning to you.

Client Problems that may be addressed: Engaging in arts and crafts have many benefits including improving fine motor skills, hand-eye-coordination, cognitive stimulation, social interaction, and often create lasting fond memories.

Contraindicated Criteria: Some clients may have upper physical limitation such as paralysis, and or a cognitive limitation, and they may need additional adaptation for the client to participate.

Intervention Activity: Have residents sit around a table, and introduce self to residents. Ask residents if they enjoy doing arts and crafts, and if so, which ones? Explain that today they will be doing a craft; but first they will learn about the significance of color. Ask the residents what feeling they think of when they think of the color blue? Red? Yellow? Inform them that all colors have significance, and they have feelings and emotions associated with them (you can find information here: <http://ticsyformacion.com/2013/01/31/psicologia-del-color-para-disenadores-infografia-infographic-design/>). Go through each color, identifying everyone's favorite color, and explaining what emotions and/or feelings can be brought about by being surrounded by specific colors. Now, show the residents that they will create a bracelet using specific color of beads that will bring them the feelings/emotions they feel they are missing right now in their lives (i.e. choose lots of red if they want more passion in their lives, etc.). Following making their bracelets, have each resident explain to the group why they chose what they chose. Thank the residents for attending.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification. Moreover, each staff member should be trained and educated in implementing an art intervention.

Anticipated Outcomes: Clients will improve their mood, expressive abilities, decrease stress, improve cognitive retention, and increase fine motor skills with continuous participation.

Program Evaluation: Staff will ask clients about their experience with doing arts and crafts and how they felt before and after the interventions identifying validity of the use of art and as an appropriate and effective intervention.