



Sallie Varnam

Arts & Heritage Development Officer

University Hospitals of Leicester NHS Trust

Art Tour for Dementia Patients

UHL Arts and Heritage

@AandHUHL



One team shared values



Art Tour for Dementia Patients

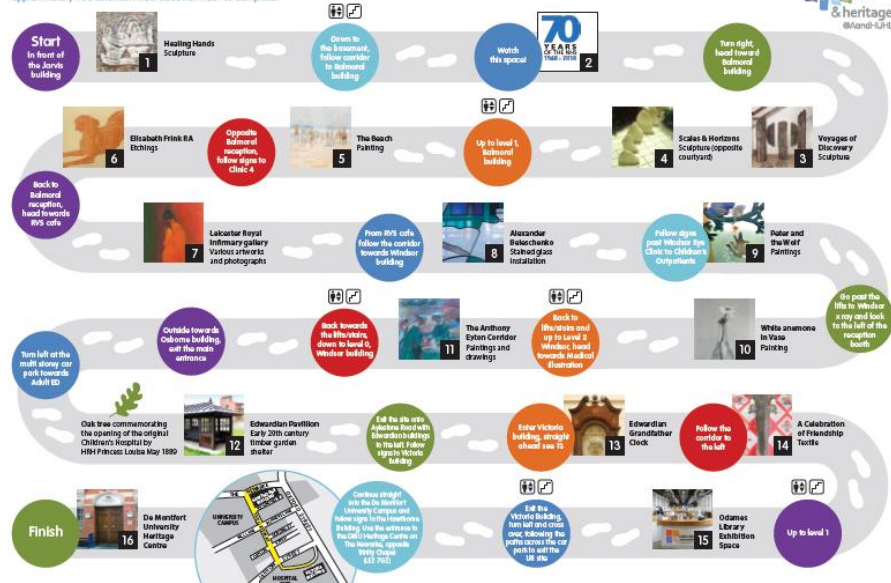
Caring at its best

University Hospitals of Leicester NHS Trust (UHL) has designed an Arts and Heritage Trail at the Leicester Royal Infirmary which takes patients, visitors and staff on a 3,000 step walking tour around the art and heritage highlights of our hospital. Specifically we have tailored the trail to be delivered alongside the Meaningful Activities Team to encourage older people to leave the wards and engage with the works on display.

Leicester Royal Infirmary Arts and Heritage Trail

The trail is approximately 3000 steps towards your daily 10,000, and burns approximately 400 calories. Allow about an hour to complete.

What did you think of the trail?
Tweet us your comments #LRITrail



One team shared values



The guided tours are designed to offer opportunities for older people to think about art and creativity in the context of a health care setting, and perhaps reflect on their own creativity, which may not have been visited in recent times.

By offering these opportunities in a fun and supported environment, we hope that participants will consider engaging with more creative activities, both while they are in hospital, and when they are discharged.



What is the tour?

The Meaningful Activities team works across UHL to provide diversionary activities for older people undergoing treatment to support their recovery and create a more positive experience of being in hospital.

We have developed a version of the trail designed for wheelchair users with easily accessible parts of the trail.

These are:

The Anthony Eyton Corridor, Windsor, Level 2

Caring at its best



One team shared values

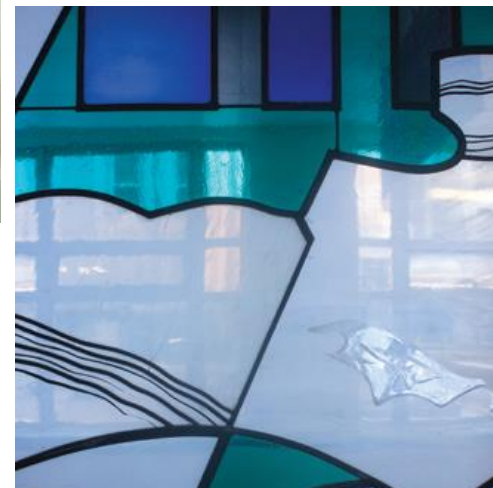


What's on the tour and where is it?

*The Peter and the Wolf collection,
Windsor, Level 1*



*The Alexander Beleschenko glass
frieze, Windsor, Level 1*



One team shared values

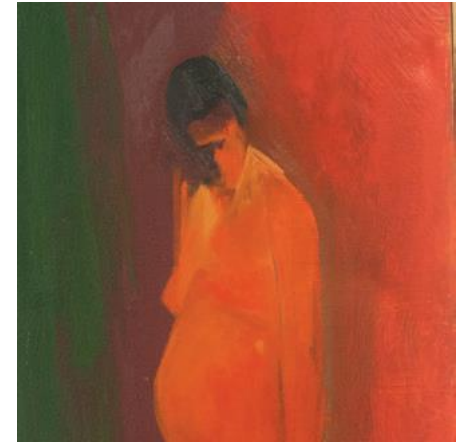


What's on the tour and where is it?

Scales and Horizons sculpture by Peter Randall-Page (currently boxed awaiting restoration)



The LRI Gallery, Balmoral, Level 1



One team shared values



What to expect on the tour?

Caring at its best

- During the tour the Arts and Heritage Development Officer talks to the patients about the artists, about the style and materials used and the history behind the art works. Where there are textile pictures the patients are encouraged to touch and feel the texture of the work, adding a sensory element to the tour.



One team shared values



What do the patients think?

The patients are asked how they are feeling at the beginning of the tour:

‘I feel ok, I want to get out and about’

‘Could be better’

‘It helps if you have something to do with your brain if you’ve been lying in bed all day’



The Arts and Heritage Officer asks patients about the art work throughout the tour:

'It's simply beautiful'

*'It reminds me of my job as a window
fitter'* (referring to Alexander Beleschenko
glass frieze)

'A picture full of movement' (referring to
Antony Eyton's collection)



How the patients felt after the tour:

Caring at its best

‘I enjoyed it. It was difficult to hear at times because my machines (hearing aids) aren’t working properly, but I liked looking’

‘It was wonderful, thank you very much’

‘It’s amazing what you don’t see when you’re not looking’

One team shared values



Observations and Recommendations

Caring at its best

- The tour is successful in engaging a small group of older people with a diversionary activity, which will improve mental wellbeing for the duration of the tour, and possibly later into the day.
- The Meaningful Activities team are very supportive of the patients, talking to them individually and enhancing their experience by offering interaction and support.
- The tour gives an opportunity for older people to reflect on their earlier life, and to tell stories about their own historical connections with the hospital.
- Patients are given an opportunity to reflect on any engagement they have had previously with art, and to have time to enjoy the art work on display.
- The patients were pleased to receive the laminated prints of the art works, and all took these, along with paper copies of the full LRI Arts and Heritage Trail.

One team shared values



We hope to design Trails for all three of our hospitals to support additional patient tours. This simple concept could be easily reproduced at any other hospital with Art or Heritage on display.

