
The 10 principles of the sessions



- 1** *Nature* as context to provide a resource rich foundation that explores the linkages of natural environments to cognitive *well-being*.
- 2** *Utilising* all or precise senses to increase engagement and communication levels.
- 3** *Repetition* to help us to 'slow down', encourage *fine motor skills* and to become a form of *meditation*.
- 4** *Familiar* actions and skills to engage 'body memory', assist recognition and maintain *fine motor skills* for as long as possible.
- 5** Awareness of 'Graphic Indicators' of dementia in the design of the programme (example: regression, perseveration, simplification, fragmentation, disorganization, distortions, perceptual rotation, overlapping configurations, confused perspective, the presence of short scattered lines, and lack of detail).
- 6** Creating 'beauty' through strategies of colour, texture, organization, and materiality to give increased levels of satisfaction. While remembering that 'beauty' is relative and can have many results.
- 7** *Versatile* outcomes for each activity, in order to value individuality and avoid frustration.
- 8** Drawing as a form of *communication* with a unique ability to communicate across borders and be *culturally inclusive*.
- 9** Providing a new opportunity for *positive sharing* between the person living with dementia and their supporter. Emphasizing drawing's ability to reveal, create discussion and give new *understanding*.
- 10** *Valuing* the work done