



University  
of Victoria

# UVic School of Nursing Research Dialogues

Dementia Reimagined: The Impact of the Arts in Challenging Stigma and Improving Health, Well-being and Quality of Life

## Speaker:

Debra Sheets, RN, PhD  
Professor, School of Nursing  
Tuesday, December 7, 2021  
3:30–5:00 p.m. PT via Zoom



Register in advance for this meeting:

<https://uvic.zoom.us/meeting/register/tZUucempqzssE9HOZ61E8wJv5cz9JIYRWlil>

After registering, you will receive a confirmation email containing information about joining the meeting and the option to add it to your calendar

## Description

Dementia Inclusive Victoria focuses on promoting a better understanding of dementia, reducing stigma, raising public awareness and facilitating social inclusion and participation within our community. Two research projects at UVic are creating intergenerational communities for creative engagement, learning, and social connection for persons living with dementia (PwD) and their care partners: 1) the Voices in Motion (ViM) choir, a professionally led dementia choir; and 2) Memory Café Victoria, a arts and creativity program (e.g., story creation, music, poetry, arts, etc). Both community-based programs offer professionally led activities focused on learning, joyful engagement, and social connections. These programs are shown to decrease loneliness, depression, caregiver distress, and the rate of cognitive decline. Findings suggest that arts-based dementia programs are a cost-effective approach to reduce social isolation and stigma, and create a community of belonging and acceptance. Arts-based programs shift attention away from declines associated with memory loss. They allow the PwD to live more fully now, giving hope in the absence of a medical cure.

**Research Dialogues**

A UVic School of Nursing initiative  
to engage dialogue among students, faculty, partners & community