

ARTS AND MUSEUMS

If you are at home caring for a person living with dementia, it is likely you are experiencing less social contact as a result of the measures taken to reduce the spread of COVID-19.

It is really important to keep you and the person you are caring for as physically and mentally active as you possibly can while at home.

We have prepared a collection of resources which you might find helpful during these times of uncertainty.

We hope that you find the resources we have listed useful. We have no affiliation with any of the providers/organisations and we apologise for any omissions.

We are all in this together and can all play a part in this effort in our communities.

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Dementia Services Information and
Development Centre
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DSiDC

Dementia Services Information
and Development Centre



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Researchers have found that visiting art museums can offer significant relief for people living with dementia.

Unfortunately due to COVID-19 restrictions museums are closed.

Here are some alternative ways to pay a visit to a museum.

Virtual visits to museums

How can you make the best of a virtual visit to a museum? Stop at an artwork and talk about it. It is about an exploration together and conversation.

Try to be imaginative with the questions.

What do you think that is?
Do you think it is cold or warm there?
Do you think a man or a woman made this? Young or old?
Imagine you touch it. Is it soft?



Is what you see bigger/ smaller/ taller/ shorter than anything in the room you are in?

Remember not to argue or contradict. It's about the conversation, not about being right or wrong.

Distract and move on as needed!

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The biggest **museums** in the world have virtual visits on their websites

Louvre (Paris, France)

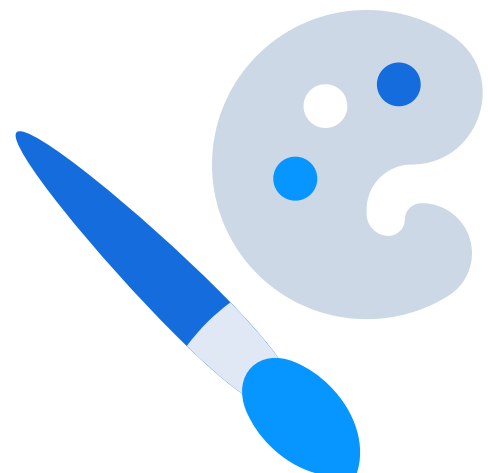
<https://www.louvre.fr/en/visites-en-ligne>

Hermitage (St Petersburg, Russia)

<https://www.hermitagemuseum.org/>

The Google Arts and Culture website provides information on over 150 museums and outdoor sites you can visit virtually.

<https://artsandculture.google.com/>



If you prefer **heritage**, the website below bring you to a virtual tour through some of Ireland's best known attractions.

<https://www.theirishroadtrip.com/virtual-tours-ireland/>

Colouring

Colouring is relaxing and can help to reduce stress and anxiety, improve motor skills and focus and boost mood.

This link gives you access to 113 free colouring books from libraries and their collections

<https://library.nyam.org/colorourcollections/>

You can find other colouring by clicking [here](#)

