

Quality Improvement Project Funding Proposal

Opening Minds through Art (OMA)

April 6, 2016

1. Purpose and Summary: Project title, purpose, and project summary.

Title: Opening Minds through Art (OMA): A Scripps Art Program for People with Dementia

Purpose:

Opening Minds through Art (OMA) is an award-winning, evidence-based, intergenerational art-making program for people with dementia. It is designed to provide opportunities for creative self-expression and social engagement for people with Alzheimer's disease and other forms of neurocognitive disorders. Developed in 2007 at Miami University's Scripps Gerontology Center in Oxford, Ohio, the program is grounded person-centered care principles.

OMA sessions are led by trained facilitators. Each elder is paired with a trained volunteer (college or high school student or community member) who provides guidance during the art-making process but who makes no aesthetic decisions for the artist. Both the art-making process and the final artwork created remind staff and family members of the vital, creative person who still remains. *OMA helps others to view people with dementia more positively. This new attitude in turn directly improves the quality of interaction with and care of people with dementia.*

While OMA's focus for the first eight years of its existence was largely on implementing the program at local sites and on refining its program model, OMA is now poised for a major expansion. The 2014 and 2015 intensive training institutes represent OMA's effort to spread its model more widely beyond the Greater Cincinnati region. In these three-day intensive trainings, 85 healthcare professionals, independent artists, educators, and activities personnel received foundational instruction on OMA philosophy, methodology, and practice to take OMA back to their facilities. As a result of these and similar custom training sessions for smaller groups, OMA has grown from 11 sites in 2014 to 37 sites (15 in Ohio) in 2016.

The purpose of this project is to put OMA in more nursing facilities in Ohio so that Ohio can serve as the national model for quality of care improvement through creative arts programming for people with dementia.

Project Summary:

In order to achieve the goal of replicating OMA throughout Ohio, we request support for the following:

1. Support for more nursing homes to adopt OMA. OMA will provide the following skills and services to **each** nursing home interested in improving the quality of life of people with dementia through creative arts programming:

- Training for up to 4 staff members to attend 3.5 days of in-person OMA facilitator training or a hybrid training combining online training with a one-day in-person training. Attendees coming from locations greater than 50 miles from Oxford, Ohio will receive \$500/facility to defray lodging and mileage costs.
- Four copies of OMA Handbook with 20 field-tested OMA art projects and all necessary materials to implement and evaluate the OMA program.
- Online video-based training modules to train OMA volunteers.
- Post training consultation and support by OMA staff.
- Supply list and \$1500 seed money to purchase recommended art and studio supplies. (See Appendix A for recommended supplies), to be disbursed in two parts, \$1000 upon completion of the training to set up an art studio with the necessary supplies and \$500 at the end of the project period to mount an art show.
- Access to a virtual community of trained facilitators with opportunities to share new art projects, on-line discussion forums, booster training.
- Certification as an OMA facility upon completion of one year of OMA programming.
- Opportunity to present best practices at OMA's annual conference.
- Opportunity to be designated as an OMA model site. Model sites may serve as observation sites for other facilities interested in adopting OMA and may host regional training sessions in collaboration with Scripps Gerontology Center.

2. To make Ohio the national model for quality of care improvement through creative arts programming for people with dementia, OMA needs to develop a hybrid training program to more efficiently train a larger number of OMA facilitators. A hybrid training program combines online presentations with one full day in-person training session. The content covered in the hybrid program is equivalent to the 3.5 day in-person training.

To achieve this, OMA needs to:

- Create video materials for the on-line portion of the hybrid course development
- Create a user-friendly online platform for the hybrid training program.
- Provide technology support for online users.

3. To promote innovation, collaboration, and quality of OMA programming throughout Ohio, OMA needs support to conduct a one-day conference annually for trained facilitators to share best practices.

2. *Expected Outcomes:* Short description of the intended outcomes, deliverables, and sustainability.

We are requesting funding for three years. Below are the deliverables:

First year:

- Up to 14 new OMA sites in Ohio with facilitators trained in-person.
- Completion of the hybrid training program to train OMA facilitators.

- Assessment and identification of OMA model sites.

Second year:

- Up to 34 new OMA sites in Ohio with facilitators trained in person or through the hybrid program.
- Assessment and modifications of the hybrid training program.
- Assessment and identification of OMA model sites in Ohio.
- First annual one-day OMA conference to share best practices.

Third year:

- Up to 54 new OMA sites in Ohio with facilitators trained in person or through the hybrid program.
- Second annual one-day OMA conference to share best practices.

Sustainability:

Scripps Gerontology Center is an Ohio Center of Excellence with the infrastructure needed to ensure successful implementation of this project. We have the organizational capacity to support all aspects of the project, including content and evaluation expertise, electronic learning instructional designers, videographers, graphic designers, and administrative assistance.

Below are practical steps we plan to take to ensure the sustainability of this project.

To ensure successful replication of OMA, interested nursing homes will be assessed for organizational readiness using a questionnaire (see Appendix B).

During the first year, Scripps will conduct 2-4 in-person facilitator training sessions and develop the hybrid training program.

In the second and third years, Scripps will assess all OMA sites in Ohio and identify model sites. These model sites will assist Scripps Gerontology Center in promoting the OMA program in their regions and open their doors for observations by other interested sites. Starting in the second year, these model sites will host OMA regional training sessions using the hybrid training program. Staff members from participating nursing homes will complete online training prior to attending the one-day in-person training sessions. This hybrid training model will allow Scripps to reach more nursing facilities in Ohio and beyond while continuing to host the full 3.5-day in-person training sessions.

Ohio nursing facilities that choose to adopt OMA will need to complete the OMA Facilitator Training session (in person or hybrid) and will be granted \$1500 seed money to purchase art supplies listed on Appendix A. One thousand dollars of this seed money will be granted at the start of their implementation year to set up an art studio and the remaining \$500 will be

granted at the end of their implementation year to mount an art show. In subsequent years, it is estimated that they will raise their own funds of approximately \$300 annually to replenish consumable art supplies. There will be quarterly and overall evaluations within this year of implementation (Appendices D and E).

Scripps Gerontology Center will also convene a one-day best practice conference starting in the second year. The development of the hybrid training program along with the annual conferences, and the work by model sites will ensure further proliferation of OMA programming throughout Ohio. As a result of OMA, we expect that participating nursing homes will become more person-centered and engage their residents in more meaningful activities. This culture change will further sustain the continuation of the OMA program at these facilities.

3. **Results Measurement:** A description of the methods by which the project results will be assessed (including specific measures).

1. Assessment of sites trained in person:

Upon completion of the OMA training, participants will evaluate the training program (Appendix C). Quarterly progress reports (Appendix D) will be completed by participating nursing homes and an overall program evaluation (Appendix E) will be completed at the conclusion of the project period. All reports will be submitted to Ohio Department of Medicaid and are available to CMS upon request.

OMA sites receiving funding will be required to complete all of the above evaluations. To ensure this, Scripps plans to split the art/studio supply funds for participating nursing homes into two portions to be disbursed at the beginning and end of the implementation year, as described above. OMA model sites will be identified through this evaluation process.

2. Assessment of the hybrid training program:

Using the quarterly assessment tool (Appendix D) and OMA Standards Check List (Appendix E) with its supporting video/photo/text materials from the various sites, we will compare the quality of OMA programs conducted by facilitators trained in-person with those conducted by facilitators trained through the hybrid program. This will give us an indicator of how successful the on-line training is and allow us to make the necessary modifications to ensure that the hybrid training is as effective as the in-person training.

3. Assessment of the one-day conference to share best practices:

- Attendees' satisfaction with the conference will be assessed using a questionnaire (See Appendix F).

- The new ideas shared at the conference will be archived and then shared in the virtual community platform. As people respond to these ideas on-line, we can track the ripple effect of the conference.

4. **Benefits to Nursing Home Residents:** A brief description of the manner in which the project will benefit nursing home residents.

Residents participating in Opening Minds through Art receive individual attention from a consistent partner during each art making session. Over time they build a close relationship with this partner. Several benefits occur as a result of this interaction. The elder has an opportunity to become a teacher and mentor to their volunteer, thereby providing a meaningful and valuable contribution on the part of the elder. This role is often very empowering for the elder, especially when so many view them as “diminished” as a result of the disease. The art making session provides the elder an opportunity to express themselves creatively, to connect socially with someone from a younger generation, and to participate in a meaningful activity on a regular basis. Because creative activity taps a part of the brain that is less affected by dementia, the elders are able to complete the projects successfully, and feel accomplished and proud of their work. Our research has shown that during OMA, the people with dementia showed greater social interest, engagement, and pleasure than in other traditional activities (Sauer et al, 2014; Lokon et al, in progress).

While we address social isolation for the elders through the 1:1 ratio, we also help transform volunteer’s view of older adults in general, and people with dementia in particular. As a result of participating in OMA, volunteers begin to understand the capabilities and creativity that people with dementia are still able to express. A more positive valuation of people with dementia by those around them *translates directly into a more empathetic interaction and more person-centered treatment of people with dementia.*

Although the health and psychosocial benefits of OMA are similar to other excellent creative arts programming for people with dementia such as Music and Memory, Memories in the Making, TimeSlips, and Alzheimer’s Poetry Project, OMA is unique in the way it transforms the people **without** dementia, the OMA volunteers. The change in the volunteers’ worldview is very clearly stated in the analysis of 300 reflective journals entries (Lokon, Kinney & Kunkel, 2012). This change contributes to a future society that is more inclusive and appreciative of older people, regardless of their cognitive status.

5. **Non-Supplanting:** A description of the manner in which the project will not supplant existing responsibilities of the nursing home to meet existing Medicare/Medicaid requirements or other statutory and regulatory requirements.

Opening Minds through Art is a creative arts program that trains and brings students and community volunteers into the nursing home to work with people who have dementia. OMA supplements the facilities’ efforts to involve residents and volunteers in meaningful activities. The volunteers bring intergenerational friendship and joy to the nursing homes to enhance, but not supplant, the work of activity staff.

6. **Consumer and other Stakeholder Involvement:** A brief description of how the nursing home community (including resident and/or family councils and direct care staff) will be involved in the development and implementation of the project.
- Key staff members (usually activity/resident life personnel) will be trained and given online support to train OMA volunteers, conduct and evaluate OMA sessions on a weekly basis.
 - Direct care staff, nursing staff, and other staff members that serve the people with dementia at the site will participate in the volunteer training session (2.5 hours). This will ensure their support for OMA programming. They may also serve as volunteers in OMA.
 - Residents with dementia will receive meaningful creative expression opportunity on a weekly basis. Some may be able to assist with material preparation.
 - Residents without dementia and family members may assist with preparation of art materials and/or serve as volunteers in OMA programming and invited to the art shows.
 - Community at large will be tapped and trained to become OMA volunteers and invited to the art shows.
7. **Funding:** The specific amount of CMP funds to be used for this project, the time period of such use, and an estimate of any non-CMP funds that the State or other entity expects to be contributed to the project.

Miami University, Scripps Gerontology Center
PROJECT TITLE: Opening Minds through
Art (OMA): A Scripps Art Program for
People with Dementia

FUNDING AGENCY: Ohio Department of Medicaid

DURATION: July 1, 2016 - June 30, 2019

| | | YEAR 1 (7/1/16- 6/30/17) | YEAR 2 (7/1/17- 6/30/18) | YEAR 3 (7/1/18- 6/30/19) | |
|---|------------------------|---|---|---|-----------|
| | Effort | | | | |
| SALARIES & WAGES | | | | | |
| Elizabeth Lokon, Ph.D. | Principal Investigator | 30% yr 1; 40% yr 2; 50% yr 3 | \$ 16,913 | \$ 23,227 | \$ 29,904 |
| Elizabeth Rohrbaugh | | 30% yr 1; 40% yr 2; 50% yr 3 | \$ 11,742 | \$ 16,126 | \$ 20,762 |
| Scripps Associate (to be named) | | 50% yr 1; 60% yr 2; 70% yr 3 | \$ 19,570 | \$ 24,189 | \$ 29,067 |
| 1 OMA Lead Artist | | 20% yr 1; 30% yr 2; 40% yr 3 | \$ 5,000 | \$ 7,500 | \$ 10,000 |
| 4 Lead Artists: Assisting with 4 training sessions/year | | 12 days yr 1; 16 yr 2; 20 yr 3 | \$ 9,600 | \$ 12,800 | \$ 16,000 |
| TOTAL SALARIES & WAGES | | | \$ 62,825 | \$ 83,842 | \$105,733 |
| FRINGE BENEFITS | | | | | |
| Full-time @ 37.47% year 1; 38.14% year 2; 39.49% year 3 | | | \$ 18,070 | \$ 24,235 | \$ 31,487 |
| TOTAL FRINGE BENEFITS | | | \$ 18,070 | \$ 24,235 | \$ 31,487 |
| OTHER EXPENSES | | | | | |
| Art & Office supplies for training sessions | | | \$ 1,500 | \$ 2,500 | \$ 5,000 |
| Scholarships to attend in-person (3.5 days) training for people who come from places greater than 50 miles from Scripps/Oxford @ \$500/person | | | \$20,000 | \$ 20,000 | \$ 20,000 |
| Travel & lodging for OMA staff to conduct in-person part of the hybrid training at locations over 50 miles from Scripps/Oxford | | | \$ - | \$ 4,800 | \$ 9,600 |

Expenses (space rental, AV equipment, printing materials, art supplies) to conduct 1 conference day/year for trained facilitators

| | | |
|----------|----------|----------|
| \$ 5,000 | \$ 5,000 | \$ 5,000 |
|----------|----------|----------|

Subsidizing travel for 10 conference presenters/year who come from places more than 50 miles from Scripps/Oxford @ \$250/person

| | | |
|------|----------|----------|
| \$ - | \$ 2,500 | \$ 2,500 |
|------|----------|----------|

Art/studio start up for supplies @ \$1500/site (14+34+54 sites = 102 sites)

| | | |
|-----------|-----------|-----------|
| \$ 21,000 | \$ 51,000 | \$ 81,000 |
|-----------|-----------|-----------|

IT for online course and virtual community development & tech support

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|-----------|-----------|-----------|
| \$ 30,000 | \$ 30,000 | \$ 10,000 |
|-----------|-----------|-----------|

TOTAL OTHER EXPENSES

| | | |
|-----------|-----------|-----------|
| \$ 77,500 | \$115,800 | \$133,100 |
|-----------|-----------|-----------|

TOTAL DIRECT COSTS

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|--|--|--|
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|--|--|--|

Facilities and Administrative Costs (F&A) @ 10% requested, as limited by ODM

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|-----------|-----------|-----------|
| \$158,395 | \$223,877 | \$270,320 |
|-----------|-----------|-----------|

(Miami University has a 44.5% MTDC negotiated rate with DHHS)

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|-----------|-----------|-----------|
| \$ 15,840 | \$ 22,388 | \$ 27,032 |
|-----------|-----------|-----------|

TOTAL PROJECT COSTS

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| \$174,235 | \$246,265 | \$297,352 |
|-----------|-----------|-----------|

Total 3-Year Request:

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|-----------|
| \$717,852 |
|-----------|

Budget Narrative

Personnel

Elizabeth Lokon, Ph.D. will serve as the lead designer and trainer for this replication effort. She will conduct the local and regional training sessions and support trained facilitators. She will promote the program through presentations to targeted organizations and tap Scripps Gerontology Center's network. She will collaborate with other departments within Scripps Gerontology Center and the Electronic Learning department at Miami and a selected IT company outside of Miami to create the hybrid program and other online resources. She will assess organizational readiness of applicants prior to the training sessions and monitor program quality after implementation.

Elizabeth Rohrbaugh and a Scripps Associate (to be named) will assist with the training of new facilitators, coordinate logistics of these events, coordinate marketing/promotion of the replication effort and assist with assessing organizational readiness and monitoring program quality.

4 Lead Artists plus 1 Lead Artist: One Lead Artist will assist with studio preparation before and during all training sessions and an additional 4 Lead Artists will assist with the development of activities for the training participants and help facilitate art-creation sessions during the various training sessions. Lead Artists also assist with observation and feedback during the small group practicum sessions.

Other Budget Items

Art & Office supplies

The supplies budget covers basic art supply kits for training participants that include items such as paper, brush, sponge, watercolor paint, acrylic paint, permanent marker, pencil etc. for each person to create artwork during the art sampler component of the training.

Printing and postage

The printing budget includes the cost of producing four-color, bound OMA handbooks, containing information on OMA philosophies and methods, as well as step-by-step instructions for leading 20 OMA-tested art activities. The budget also includes the cost of printing promotional posters/flyers and training handouts. Postage will cover shipping of art supplies when conducting training regionally.

Scholarships to attend in-person OMA Facilitator Training (3.5 full days)

To help defray travel and lodging expenses incurred by attendees based at locations greater than 50 miles from Oxford, Ohio, we would like to provide a \$500/person scholarship to attend the in-person OMA Facilitator Training. There will be two such training sessions per year, serving 50 people/year. Based on data in 2014 and 2015 training, we estimate that 80% of attendees, or 40 people will come from places over 50 miles from Oxford.

Travel & lodging for OMA staff to conduct in-person portion of the hybrid training (1 full day)

In the second and third years, 3-5 OMA staff members will lead multiple regional training sessions to supplement the online training portion. This item will cover their lodging and transportation to locations greater than 50 miles from Oxford, Ohio for two days (1 day of preparation and 1 day of training)/hybrid training session. There will be 4 hybrid training sessions in the second year, serving 80 people from 20 sites and 8 hybrid training sessions in the third year, serving 160 people from 40 sites.

Expenses to conduct 1 conference day/year

This item covers space rental for 50-75 people, production of conference materials, art supplies, and rental of additional AV equipment as needed.

Subsidizing travel for ten conference presenters/year

To encourage best OMA facilitators to share their ideas and innovations at the one-day conference above, we would like to offer a stipend of \$250/person to cover transportation and lodging ONLY for people who reside more than 50 miles from Oxford, Ohio.

Art/studio start up for art supplies

Qualified sites with trained facilitators can apply for funding to set up an art studio that goes beyond the typical art storage found in most facilities. For a list of recommended art and studio materials, see Appendix A. A portion (\$1000) of this fund will be given to the site at the beginning of the implementation year and the remaining (\$500) will be given at the end of the year, upon submission of all required evaluations (quarterly report and annual report). The sites will generate their own funds to cover the \$300 annual cost of replenishing consumable art in subsequent years.

IT for online course and virtual community development

Once the online portion of the hybrid course is developed, we need an IT company to develop the platform to ensure user friendliness of the program, its interactive quality, and the overall monitoring of trainees' competencies. These requirements are beyond what Miami University can provide. In the first and second years, they will work with OMA staff and Miami University's electronic learning instructional designer and videographer to help develop and pilot the hybrid course. In the third year they will assist with technical support and minor modifications as necessary.

Facilities and Administrative Costs (F&A) @ 10% requested, as limited by the Ohio Department of Medicaid. Miami University has a 44.5% federally-negotiated rate with DHHS.

8. ***Involved Organizations:*** List all organizations that will receive funds through this project (to the extent known), and organizations that the State expects to carry out and be responsible for the project.

Scripps Gerontology Center will notify nursing facilities throughout Ohio that OMA is an award winning and evidence-based program that can improve the quality of life of their residents living with dementia. We will announce widely that training and funding will be available to implement OMA at their own sites. Interested sites will need to submit an

application indicating their organizational need and readiness to implement the program. Scripps Gerontology Center will screen the applications and determine the nursing facilities that qualify to receive funding. The list of qualified nursing facilities is not yet available at this time.

9. ***Contact information:***

For more information, please contact:

Elizabeth Lokon

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www.ScrippsOMA.org

Appendix A: Supply List

Complete Supply List to Set up an Art Studio

The supplies and quantities below are for a group of twelve artists and are enough to do at least one year of activities from the OMA Handbook. Costs of items were estimated in December of 2015.

Basic Supplies: Supplies that will be used during every session by the participants and volunteers.

| Supply | Quantity | Source | Price Total |
|---------------------|---|-------------------------------|--------------------|
| Name Tags | 250 3X4 in index cards,50 plastic name badges | Staples.com | \$48.74 |
| Pencils (No. 2) | 3 Dozen | Staples.com | \$6.87 |
| Permanent Markers | 24 | Walmart | \$15.54 |
| Post-It Notes | 12 pads | Staples.com | \$17.99 |
| Aprons | Pack of 3 x 10 | Hobby Lobby | \$99.90 |
| Table Cloths | 6 | Walmart | \$59.04 |
| Hand Wipes | 6 Packages | Walmart | \$14.82 |
| Hand Sanitizer | 2 Bottles | Walmart | \$3.92 |
| Paper Towels | 8 Rolls | Staples.com | \$12.99 |
| Stools (Volunteers) | 12 (OPTIONAL) | IKEA | \$59.88 |
| Drying Rack | 1 | Asw.com or jerrysartarama.com | \$169.00 |
| SUBTOTAL | | | \$508.69 |

Work Surfaces: Boards/surfaces for the participants to work on if the tabletop surface is not sufficient.

| Supply | Quantity | Source | Price Total |
|-------------------------------------|-------------------|---------------|--------------------|
| Dining Trays (Plastic or Styrofoam) | 24 (10X14 inches) | Hubert.com | \$52.19 |
| Clipboard | 2 | Staples.com | \$5.30 |
| SUBTOTAL | | | \$57.49 |

Paints/Inks: The various types of paint and ink needed for OMA projects.

| Supply | Colors | Quantity | Source | Price Total |
|------------------|---------------|-----------------|---------------|--------------------|
| Prang Watercolor | Yellow | 24 | Dickblick.com | \$38.80 |
| | Magenta | 24 | | |
| | Turquoise | 24 | | |
| | Blue | 24 | | |

| | | | | |
|------------------------------------|--|----------------------------|-------------------------|-----------------|
| <i>Acrylic Paint</i> | Assorted Colors | 2 sets of 10 colors | Hobby Lobby/ Walmart | \$48.56 |
| <i>Metallic Acrylic Paint</i> | Gold Copper | 2 2 | Hobby Lobby | \$13.88 |
| <i>Speedball Water-Soluble Ink</i> | Blue Black Red Yellow | 1 1 1 1 | DickBlick.com | \$56.40 |
| <i>Glitter Tempera Paint</i> | Blue Violet Red Gold Green Silver | 1 1 1 1 1 1 | Hobby Lobby | \$33.00 |
| Subtotal | | | | \$190.64 |

Paper Supplies: Various Papers that are needed for OMA projects.

| Supply | Quantity | Source | Price Total |
|--|--------------------------------|------------------------|--------------------|
| <i>Watercolor Paper (9x12): Canson (Item # 10081-1023)</i> | 500 Sheets | DickBlick.com | \$74.87 |
| <i>Drawing Paper (9X12)</i> | 1 ream (500 sheets) | DickBlick.com | \$4.10 |
| <i>Tissue Paper (White, 20X30)</i> | 2 Packs of 24 sheets | DickBlick.com | \$4.48 |
| <i>Bleeding Tissue Paper assorted colors (20X30)</i> | 1 Pack of 100 sheets | DickBlick.com | \$10.99 |
| <i>Acrylic paper (9X12)</i> | 2 pads | Asw.com | \$10.30 |
| <i>Copy/Scrap Paper</i> | Approx. 300 Sheets | Free – ask office | |
| <i>Mats (9x12; 10x14; and 12x16)</i> | 10 each for show-and-tell mats | Asw.com | \$66.37 |
| <i>Mat Board (scraps)</i> | lots | Free – ask frame shops | |
| <i>Wax Paper</i> | 1 Roll | Walmart/Kroger | \$5.46 |
| <i>Aluminum Foil- HEAVY DUTY</i> | 2 Rolls | Walmart/Kroger | \$5.96 |
| <i>Freezer Paper (for cloth projects)</i> | 1 roll | Walmart/Kroger | \$6.17 |

| | | | |
|---------------------------------|--------------------|----------------|-----------------|
| <i>Rice Paper (wafer paper)</i> | 1 pack 100 sheets | Sugarcraft.com | \$19.95 |
| <i>Watercolor Cards</i> | 1 box of 100 cards | DickBlick.com | \$33.49 |
| SUBTOTAL | | | \$242.14 |

Assorted Supplies/Tools: Tools and supplies that are needed for certain OMA projects.

| <i>Supply</i> | <i>Quantity</i> | <i>Source</i> | <i>Price Total</i> |
|--|-------------------------------------|--|--------------------|
| <i>Stencils ("Child's First Stencils")</i> | 15 (assorted shapes) | Dick Blick | \$14.99 |
| <i>Fabric Squares (12x12)</i> | 2-3 yards | Hobby Lobby or other fabric stores | \$27.00 |
| <i>Wooden Dowels (1 in across X 1 ft)</i> | 16 (1 dowel is 4ft., need 4 dowels) | Ace or other hardware stores | \$16.00 |
| <i>Plexiglass Plates (9X12, thinnest)</i> | 16 | Ace or other hardware stores | \$46.24 |
| <i>Glitter (Fine, Assorted Colors)</i> | 6 Bottles | Any craft store | \$4.99 |
| <i>Kosher Salt</i> | 1 Box | Kroger | \$3.98 |
| <i>Yarn (Assorted Thickness)</i> | 1 Roll each of medium & thick yarn | Any craft store | \$11.98 |
| <i>Variety of Texture Materials (bubble wrap, netting)</i> | Large Assortment | Free – collect from household wrapping | |
| <i>Paper Cutter</i> | 1 | Asw.com or jerrysartarama.com | \$70.32 |
| <i>Boards for Flattening Finished Work (3/8 in. thick, 2 pieces of 2X4 feet, BC grade)</i> | 1 Set of 2X4 feet | Hardware store | \$12.00 |
| <i>Scissors (Fiskars soft grip)</i> | 8 Pairs | DickBlick.com | \$26.32 |
| <i>Sea salt</i> | 1 container | Any Grocery Store | \$2.12 |
| <i>ZipLock Bags Quart Gallon</i> | 3 Large Boxes 2 Large Boxes | Walmart/Kroger | \$19.90 |
| <i>Scrub Brush</i> | 2 | Walmart/Kroger | \$7.68 |
| <i>Cleaning Sponge</i> | 2 | Walmart/Kroger | \$3.93 |
| <i>Cleaning Detergent</i> | 2 Bottles | Walmart/Kroger | \$4.96 |
| SUBTOTAL | | | \$272.41 |

Brushes/Painting Sponges: Various artist-grade brushes, sponges, and brayers needed for application of paints, glues, and inks.

| Supply | Quantity | Source | Price Total |
|--|-----------------|--------------------|--------------------|
| <i>Bamboo Brushes: Winsor & Newton, size #4 (item #05886-1004)</i> | 15 | DickBlick.com | \$48.60 |
| <i>Sponge Brushes</i> | 24 | | \$12.48 |
| <i>Acrylic Brushes: Royal Soft Grip Golden Taklon Brush sets: flats and rounds</i> | 2 sets each | DickBlick.com | \$58.00 |
| <i>Foam Brayers</i> | 15 | Unitednow.com | \$18.75 |
| <i>Make-up Sponges</i> | 1-2 packs | Walmart/Kroger | \$11.96 |
| <i>Natural sponges value set (Item #46976)</i> | 1 pack | Jerrysartarama.com | \$14.85 |
| SUBTOTAL | | | \$164.64 |

Scraping Tools: Tools that can be used to scrape paint, crayon, ink off of paper or Plexiglas surfaces.

| Supply | Quantity | Source | Price Total |
|---|--|----------------------|--------------------|
| <i>Q-Tips</i> | 1 Box of 500 | Walmart/Kroger | \$3.28 |
| <i>Popsicle Sticks</i> | 24 | Free – ask Starbucks | |
| <i>Plastic Forks</i> | 24 | Walmart/Kroger | \$2.84 |
| <i>Gift/Credit Card</i> | 24 | Free – ask stores | |
| <i>Wooden Dowel – pencil size, sharpened (1/4 in. across X 1 ft.)</i> | 16 pieces (1 dowel is 4 ft, need 4 dowels) | Hardware store | \$4.00 |
| SUBTOTAL | | | \$10.12 |

Glues/Tape: Glue and tape needed for projects, hanging posters, and preparing project materials for the participants.

| Supply | Quantity | Source | Price Total |
|-------------------------------------|------------------|---------------------|--------------------|
| <i>Elmer’s School Glue</i> | 1 128 oz. Bottle | DickBlick.com | \$11.75 |
| <i>Mod Podge Glue Glossy Finish</i> | 1 quart | DickBlick.com | \$11.05 |
| <i>Masking Tape</i> | 4 Rolls | Hardware store | \$3.99 |
| <i>Hot Glue Gun</i> | 1 | Hobby Lobby/Walmart | \$3.99 |

| | | | |
|----------------------------|-----------|-------------|----------------|
| <i>Removable Glue Dots</i> | 1 Package | Hobby Lobby | \$4.99 |
| <i>SUBTOTAL</i> | | | \$35.77 |

Containers: Containers that will be needed for holding water, paint, finished work, dirty utensils.

| <i>Supply</i> | <i>Quantity</i> | <i>Source</i> | <i>Price Total</i> |
|--|------------------------|--|---------------------------|
| <i>Plastic Tray Palettes (Item # 03086-1009)</i> | 15 | DickBlick.com | \$19.35 |
| <i>Water Containers: Zip Lock/Tupperware (sets of 3)</i> | 4 sets of 3 | Kroger | \$7.71 |
| <i>Paint Cups</i> | lots | United Artist & Education (Unitednow.com) or Recycled apple sauce plastic containers | \$5.49 |
| <i>Spray Bottles (water)</i> | 15 | Target/Kroger/Walmart | \$14.55 |
| <i>1 Ounce Bottles (for dispensing glitter)</i> | 12 | J. R. Green | \$5.00 |
| <i>SUBTOTAL</i> | | | \$52.10 |

Storage & Transportation of supplies: Storage system for supplies and for transporting supplies to sites on a weekly basis.

| <i>Supply</i> | <i>Quantity</i> | <i>Source</i> | <i>Price Total</i> |
|--|------------------------|----------------------|---------------------------|
| <i>Sterlite 3-drawer narrow tower (set of 3)</i> | 1 | Walmart.com | \$32.94 |
| <i>Wheeling cart (Austin)</i> | 2 | Staples.com | \$44.98 |
| <i>Sterlite 7-drawer cart (set of 2)</i> | 1 | Walmart.com | \$96.95 |
| <i>3-drawer set wide (for storing finished work)</i> | 2 | Walmart.com | \$34.88 |
| <i>SUBTOTAL</i> | | | \$209.75 |

ESTIMATED TOTAL COST OF INVENTORY= \$ 1,743.75 + Estimated shipping and handling of 15% = \$1,743.75 + \$ 261.56 = **\$2,005.31 or roughly \$2,000.**

Appendix B: Organizational Readiness Assessment

Name: _____

Email: _____

Phone: _____

Address: _____

Name of Organization: _____

Position within Organization: _____

1) Please describe your organization:

- a. Overview of the facility
- b. Why you would like to adopt OMA at your facility?
- c. How you plan to improve the quality of dementia care for your residents through OMA. Please include a timeline for implementation plans.
- d. The number of people with dementia that will be served in OMA
- e. List colleagues/collaborators who plan to be trained in OMA.

2) Please describe the organizational support that you will have to implement this OMA program.

3) Please describe the challenges you will have to address before attempting to implement OMA.

4) Please explain briefly your team's experiences in the areas below (A "team" may consist of staff members and other collaborators planning to adopt the OMA program):

- a. Art/art education: Do you have a visual artist or art therapist or a staff member well versed in visual arts materials?
- b. Caregiving for people with dementia
- c. Intergenerational programming

5) Do you have a source of volunteers identified to facilitate the program? Yes / No

- a. If yes, please describe the source and estimate the number of volunteers willing to commit to 90-minute weekly sessions for 8-12 weeks.
- b. If no, please describe how you plan to recruit volunteers to maintain the 1:1 ratio between your residents with dementia and volunteers.

Appendix C: Facilitator Training Evaluation

OMA Facilitator Training Evaluation

Today's date: _____ Name (optional): _____

If requesting CEUs, circle one: CSWMFT, NCCAP, NCCDP, BELTSS, OLN

Your position (Circle one):

Activity Staff/ Nursing Staff/ Administrator/ Social Worker/ Artist/ Educator/

Other: _____

| | |
|---|--|
| 1. As a result of this training, I feel more competent in my ability to design, implement, and evaluate meaningful art activities for people with dementia. | Strongly disagree 1 2 3 4 5 Strongly agree |
| 2. I improved my ability to apply person-centered care philosophy in an art setting. | Strongly disagree 1 2 3 4 5 Strongly agree |
| 3. The trainers explained things clearly. | Strongly disagree 1 2 3 4 5 Strongly agree |
| 4. The art-making activities and discussions were helpful in my learning process. | Strongly disagree 1 2 3 4 5 Strongly agree |
| 5. Please comment on the length and pacing of the training session. | Length: Pacing: |
| 6. Overall, how would you rate this training session? | Very Poor 1 2 3 4 5 Excellent |
| 7. How likely are you to recommend this training to colleagues? | Very Unlikely 1 2 3 4 5 Very Likely |

| | | | | | |
|--|---|---------------|-------------|---|--|
| 8. How likely are you to start an OMA program at your site or in your practice as a result of attending this training? | <table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Very Unlikely</td> <td style="text-align: right;">Very Likely</td> </tr> <tr> <td style="text-align: center;">1 2 3 4 5</td> <td></td> </tr> </table> | Very Unlikely | Very Likely | 1 2 3 4 5 | |
| Very Unlikely | Very Likely | | | | |
| 1 2 3 4 5 | | | | | |
| Please explain your response to question 8: | | | | | |
| 9. If you plan to implement an OMA program at your site, please indicate the approximate number of people with dementia that would be served by this program per year: | Number: _____ | | | | |
| 10. If you do not intend to implement a full OMA program, how likely are you to apply OMA methods and philosophies at your site? | <table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Very Unlikely</td> <td style="text-align: right;">Very Likely</td> </tr> <tr> <td style="text-align: center;">1 2 3 4 5</td> <td></td> </tr> </table> | Very Unlikely | Very Likely | 1 2 3 4 5 | |
| Very Unlikely | Very Likely | | | | |
| 1 2 3 4 5 | | | | | |
| Please explain your response to question 10: | | | | | |
| How did you hear about OMA Facilitator Training? | | | | | |

The most important things you learned in this training:

The strengths of this training:

Suggestions for improvements:

Appendix D: OMA Program Quarterly Report

Today's date: _____ Name of site: _____

Name of reporter: _____ Web site: _____

Email: _____ Tel./Fax.: _____

1. Are you currently offering OMA program to your residents: Yes / No
2. If no, please explain why and go directly to question 10.

3. If yes, how often do you conduct OMA program per week?
 - a. Once a month
 - b. Once a week
 - c. Twice a week
 - d. More often than twice a week
 - e. Other (please elaborate) _____

4. How many weeks does your program last (per session)? _____

5. How many pairs of residents and volunteers do you serve/week? _____

6. Which group primarily serves as your volunteers?
 - a. High School students
 - b. College students
 - c. Community Volunteers
 - d. Family members
 - e. Other (please describe) _____

7. How did you train your volunteers?
 - a. We provided verbal instruction to the volunteers
 - b. We used the online videos provided for training
 - c. We used the online videos and supplemental material (please describe)

8. Are you conducting regular assessment of the OMA program? Yes / No

9. If yes, please explain how you are evaluating OMA and attach the results of your evaluation (Be sure to include only evaluations completed this quarter and the number of evaluations completed).

If no, please explain why not.

10. Are you using OMA on-line resources? If yes, please explain which online resource is most useful to you.

11. What challenges are you currently facing with regard to OMA implementation?

12. How do you plan to address these challenges?

13. What additional support would you like to receive from OMA at Scripps Gerontology Center?

14. Other information/attachments that you would like to share with Scripps OMA:

Appendix E: OMA Program Standards Check List

Your name: _____ Your site: _____ Today's date: _____

Please complete the program review below and provide photo/video/text/other evidence to support your evaluation

| | Yes | Some-what | Needs work |
|--|-----|-----------|------------|
| OMA Projects/art activities | | | |
| 1. Projects are failure-free and everyone can succeed. | | | |
| 2. Products show no/little quality difference between the ones made by people with dementia (PWD) and by people without dementia | | | |
| 3. Most of the art sessions provide opportunities for PWD to learn something new and contribute to something beyond themselves. | | | |
| OMA Process/Structure | | | |
| 4. OMA's 12-step process is followed. | | | |
| 5. Pairs are maintained at 1:1 ratio between PWD and volunteers. | | | |
| 6. Celebration: Some form of art celebration to honor the PWD's creativity is planned semi-annually or annually. | | | |
| Responses of People with Dementia to OMA | | | |
| 7. Most of the PWD displayed positive emotions (or improved emotions) during OMA. | | | |
| 8. Majority of the volunteer-PWD pairs have developed genuine relationships. | | | |

Appendix F: Conference Evaluation

OMA Conference Evaluation

Please Return to
Scripps Gerontology Center, 396 Upham Hall, Miami University, Oxford, OH 45056

Learning Session 1: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Learning Session 2: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Learning Session 3: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Learning Session 4: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Learning Session 5: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Learning Session 6: _____

This session increased my ability to do OMA.

Strongly Disagree Disagree Not sure Agree Strongly Agree

How likely is it you will use the information from this session in your current work?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the usefulness of the session materials/handouts?

Not sure Not useful Somewhat useful Very useful Extremely useful

Additional comments? _____

Overall Evaluation:

How likely is it that you will connect with other OMA Facilitators that you met at this conference? (in person, by phone, by e-mail, through the online discussion forum, or any other way)?

Not sure Very unlikely Possibly Very likely Definitely

How likely is it that you will use OMA online resources presented at the conference?

Not sure Very unlikely Possibly Very likely Definitely

How likely is it that you will use ideas/handouts presented at the conference?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the overall usefulness of this conference?

Not sure Not useful Somewhat useful Very useful Extremely useful

How likely is it that you would recommend the OMA conference to a colleague?

Not sure Very unlikely Possibly Very likely Definitely

How would you rate the overall communication you received from OMA regarding the conference?

Poor Fair Good Very good Excellent

How likely is it that you will attend another OMA conference in the near future?

Not sure Very unlikely Possibly Very likely Definitely

Any suggestions for improvement?

On a scale of 1 to 10 how well did the OMA conference meet your expectations? (1 means “did not meet my expectations at all”, and 10 means “exceeded my expectations”) _____

If your expectations were not met very well, please give us some suggestions about how to improve this conference.

Any other comments or suggestions about the OMA conference?
