

The Magic of Art -

Art Engagement by using “Texture Art” to improve Happiness & Quality of Life for the long-term hospitalized elderly

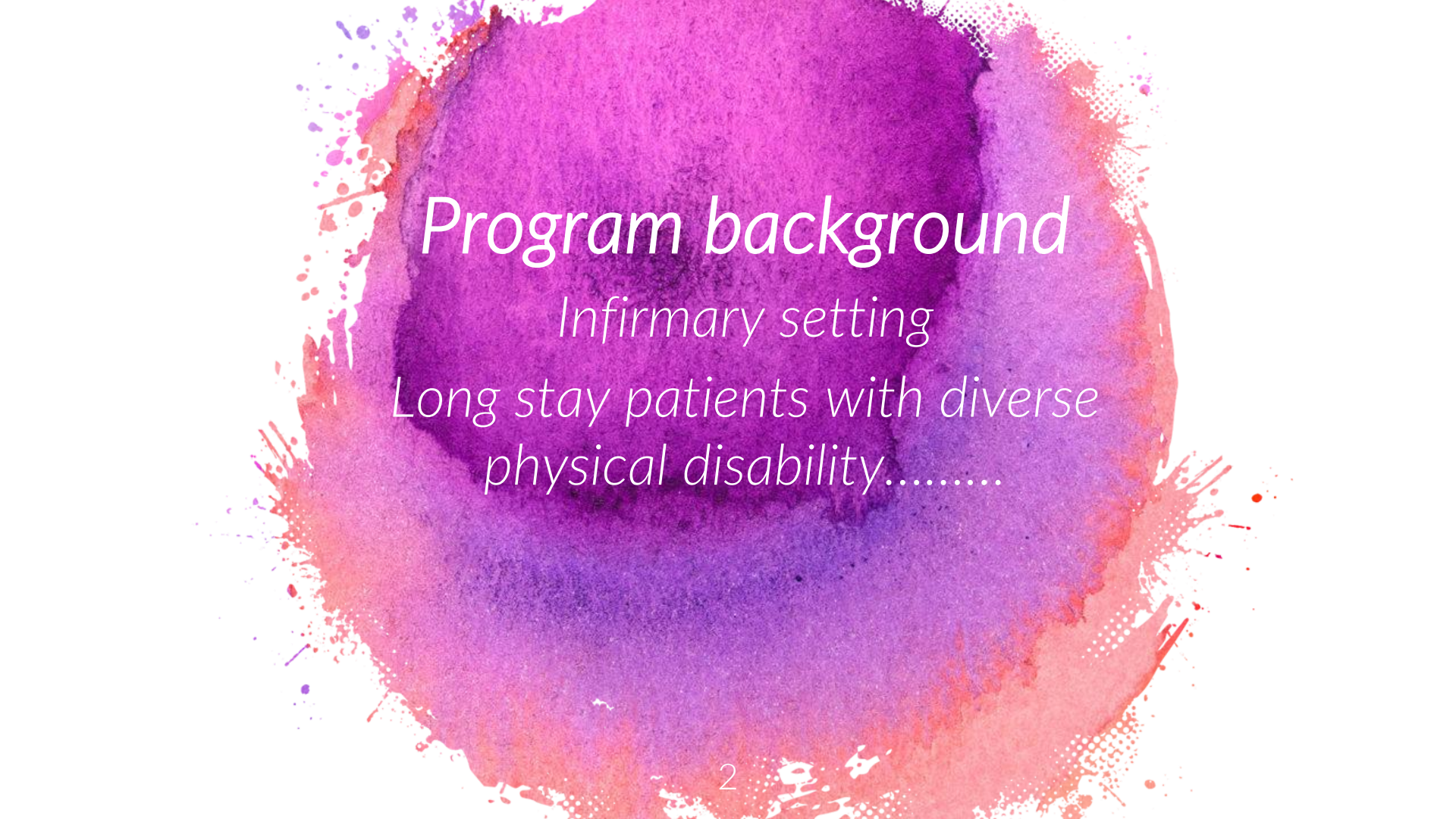
Ms. Suki HUI

Occupational Therapist

Cheshire Home, Chung Hom Kok

May, 2025





Program background

Infirmity setting

*Long stay patients with diverse
physical disability.....*

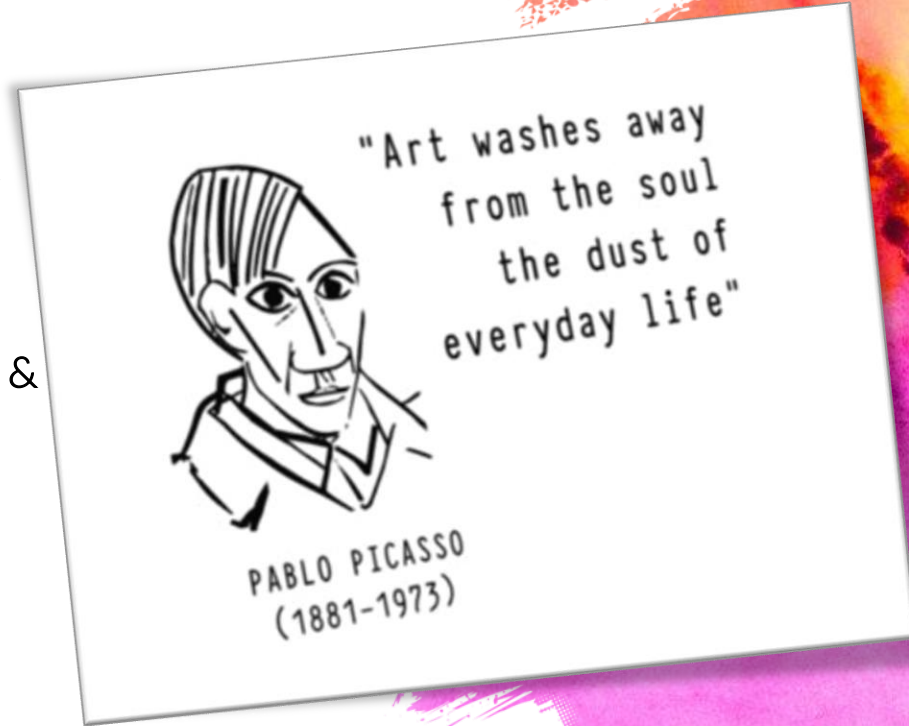
Program Objective:

*Explored the effectiveness of
using "Texture Art" to promote
Quality of Life (QoL) &
Happiness for the long-term
hospitalized elderly*



Benefits of Art Engagement Activity

- Person-centered approach
- Increase resilience & self-esteem, reduce stress
- Fostering creativity & emotional expression
- Enable self-healing
- Creative connection method to stimulate social & personal change



Introduction of Texture Art (肌理畫)

- No artistic experience is necessary
- Sensory stimulation, fine motor skills, cognitive & perceptual engagement
- Fostering creativity
- Self-efficacy/accomplishment



Multisensory stimulation



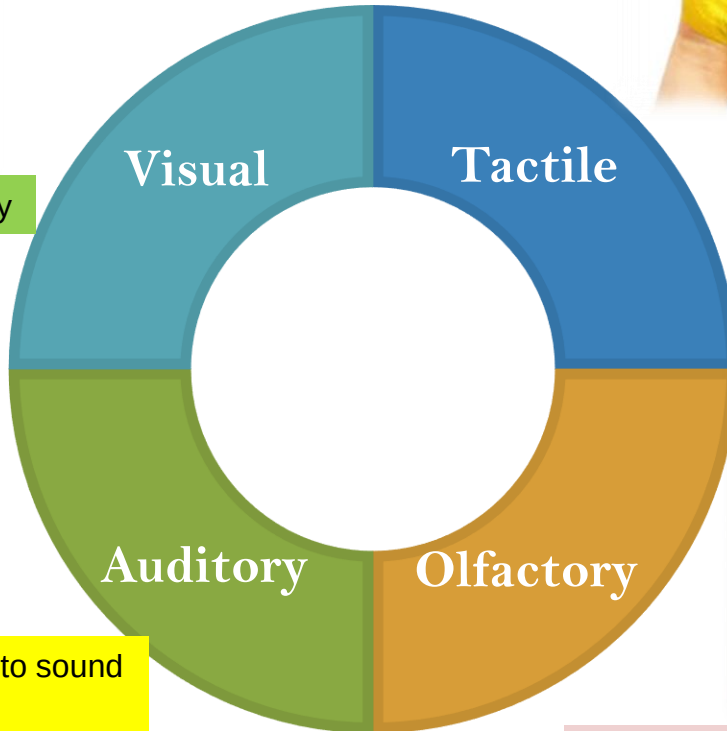
Vibrant colors in paint & clay



Quartz sand, acrylic paint,
molding of clay



Participated were guided to listen to sound



Uses essence oil creating calming smells



Methodology

- Convenience sampling of 7 long stay patients in Cheshire Home
- Pre & post intervention study
- 3 sessions (60-75 mins/session)
- Group facilitated by Occupational Therapists
- Session structure consists of Art Work + Reflection + Debrief



Methodology: pre & post intervention

1 Subjective Happiness Scale (SHS)

2 Chinese – WHO-5

3 HK-Moca-5

4 Participant self-report questionnaire

Results



Outcomes	Subjective Happiness Scale (Well-being/Happiness)	Chinese WHO-5 (Quality of Life)	HK-MoCA 5 Cognition
Results	Mean ↑ from 14.43 => 21.43 Statistically significant effect (p=0.026) 	Mean ↑ 62 => 80 Statistically significant effect (p=0.018) 	Mean ↑ from 12.6 => 17 Statistically insignificant (p=0.705) Generally maintain cognitive level 

Our master pieces



肌理畫 - 歲月足跡

Our master pieces



肌理畫 - 晨曦海岸

Our master pieces

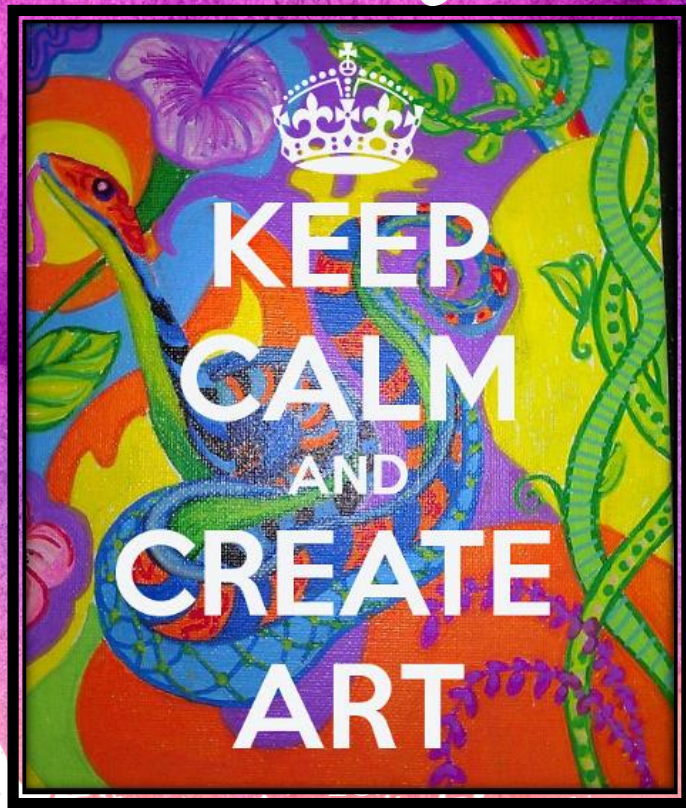


肌理畫 - 銀河月影



clideo.com

Thank you



Reference

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