

## Impacts of Art Therapy and Alzheimer's Disease

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### ABSTRACT

The prevalence of dementia of all types in the Tunisian population aged 65 and over in 2012 is estimated to 4.6%. Dementia has physical, psychological, social and economic consequences of caregivers, families and society. Art therapy is a new non medicated care, this method aims to create favorable conditions for overcoming personal difficulties through stimulation of creative capacities.

The objective of our study, is to evaluate the impact of art therapy on the behavioral disorders of patients affected by Alzheimer's disease.

**Patients and methods :** This a ten-month observational study which takes place in olds people home-Tunis. It included people with Alzheimer's disease confirmed with MMSE between (18-25) Workshops of painting art were organized at a rate of twice a week.

**Results:** From (September 2015-June 2016) , 8 women and 4 men with Alzheimer's disease ,were prospectively analysed, mean age 78 years (72 to 90 years). A total of 32 workshops were performed. The preference for painting, the collage, the drawing, the calligraphy were found in respectively 75%, 60%, 52%, 37% cases. Mood and speech were variable from one workshop to another with increased motivation, the concentration, the agitation decreased and the aggressiveness.

**Discussion:** Art therapy improve motivation, concentration and decrease agitation and the aggressiveness in Alzheimer's patients. It is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being

**Conclusion:** Art therapy could be a part of a non-medical care process in the treatment of Alzheimer's disease. A study on a larger cohort would be necessary to confirm this hypothesis.