

September 2, Session 2-1

- 1. Name(s) of Author(s):** Anne-Marie Émond
- 2. Affiliation(s):** Université de Montréal, Canada
- 3. Title:** Older Adults' Engaging with Contemporary Art in a Museum Context: A Journey from Self-Discovery to Self-Caring
- 4. Abstract:**

A key issue for museum professionals is to find ways to provide a diversity of museum experiences for all. To understand the intellectual functioning of visitors is an avenue in providing useful information for the elaboration of powerful museum programs. In our communication, we will present our initial results in relation to Pelowski and Akiba's psychological model of art experience. The Thinking Aloud protocol was used to collect adult visitors' talk during their exploration of artworks at the Montreal Museum of Fine Arts. The verbal comments of 24 visitors, aged 65 and older that frequent museum more than 3 times per year were selected. To enable the study of a visitor's intellectual functioning, the recorded comments were transcribed and analyzed using different instruments created in previous research projects. Results indicate the importance of empowering visitors during their visit in the special environment that constitutes a museum. More specifically, results showed the positive effect of contemporary art on our participants. Engaging with contemporary art seemed to be, for the visitor, an exercise in self-discovery having as a benefit, self-caring and well-being. Future research is needed to better understand the effects of contemporary art on elderly art museum visitors.

5. Bio for Each Presenter:

Dr. Anne-Marie Émond has training in both art education and museology as well as extensive work experience in the educational service of the National Gallery of Canada where she was an art educator. She completed her doctoral studies on the phenomenon of cognitive consonance and dissonance expressed by frequent museum visitors as the latter interacted with traditional and contemporary works of art. Dr. Émond is currently professor at the Université de Montréal. Her research focuses on adult responses to contemporary art in a museum setting, and investigation into their intellectual functioning.

September 2, Session 2-2

- 1. Name(s) of Author(s):** Yoko Hayashi
- 2. Affiliation(s):** Founder and Representative Director of Arts Alive, Japan /Associate Professor at Shobi University, Japan
- 3. Title:** A-Health Study
ARTRIP and A-Health: What Art Museums Can Do For Aging Communities?
Possibilities and Challenges
- 4. Abstract:**

The population is aging and aging is associated with worsening physical and psychological health, social withdrawal and isolation as well as increased risk of poor quality of life. We, Arts Alive believe that art and art museums can play an important role to empower and improve the quality of life and physical and psychological health of everyone, especially elderly. Since 2012, Arts Alive has developed and has been offering ARTRIP: an evidence-based art program for those with cognitive challenges and their family members at National Museum of Western Art and other 27 art museums in Japan since 2012. We also have trained over 50 art conductors with skills to facilitate the program. We also conducted the clinical trial in search for evidence of its efficacy. The results of the T-test on ARTRIP followed by related art making activities on seniors aged 65 and over with MCI and depression, conducted by National Institute of Gerontology and Geriatrics, Japan showed significant decrease in depression and positive effect on well-being, social life function and assignment time and word memory task. After learning the successful findings of a pilot study of A-Health: Art Based Activity on Health of Older Community-Dwellers conducted by the Center of Excellence on Longevity of McGill University Canada and Montreal Museum of Art, we decided to take part in its empirical expansion through an international RCT and conducted A-Health Japan with culture specific art program including ARTRIP at Tokyo Fuji Art Museum to facilitate parallel data collection and international data comparison. The results of the study are yet to be determined as the final follow up questionnaire will not be completed until next August but at least we had very high participation rate in the intervention group and we are happier and more confident than before. They were also sad to see the program ended abruptly as they enjoyed it so much. We all know of the power of the arts but we need a stronger evidence with larger number of participants to persuade policy makers to incorporate art museum into their measures for aging and dementia friendly society, and further to have the cost of these art programs at museums to be covered by national health and care insurance. We also encourage art museums in Japan become aware of their role in building age and dementia friendly society and offer ARTRIP or participatory programs for seniors' health enhancement, YES, we should have art and art museum for prescription!

5. Bio for Each Presenter:

Yoko Hayashi is associate professor of art management and museum management at Shobi University and the founder and CEO of Arts Alive in Tokyo. Hayashi studied art history at ICU and Duke University and holds MFA in arts management at Columbia University. She has been involved in developing and offering the Japan's first interactive art activities at art museums in order to contribute to the Japan's aging communities. She has been invited to lecture and conduct workshops on museum management, art and dementia, aging in and outside Japan. Authored books in these fields including Evolving Arts Management (2004) and Evolving Art Communication: Artists' intervention in healthcare (2006) and also translated Meet Me: Bringing Art to People with Dementia (2012).

September 2, Session 2-3

- 1. Name(s) of Author(s):** Olivier Beauchet
- 2. Affiliation(s):** Professor of Geriatrics, McGill University, Canada
- 3. Title:** A-Health Study
Promotion of Healthy Ageing Through Art Activities: An Innovative Approach
- 4. Abstract:**

Promotion of active healthy aging and social inclusion of older community dwellers is crucial because of the aging of the population. Aging is often characterized by an accumulation of chronic morbidities and related disabilities, which leads to a vicious circle of frailty, exposing older adults to poor quality of life and social withdrawal.

Over the past decade, museums have actively promoted art-based activities for community dwellers. They offer innovative art activities in a pleasing environment inside their spaces to adults with health issues. For instance, participatory art-based activities provided unique opportunities to enhance the quality of life and wellbeing of patients with Alzheimer's disease and other dementias.

Few studies examined participatory art-based activity in older community dwellers with relatively good health condition. Since October 2015, the Montreal Museum of Fine Arts (MMFA; Quebec, Canada) has successfully initiated a participatory art-based activity for community dwelling older (i.e., ≥ 65) adults living in Montreal. In partnership with the centre of excellence on longevity of McGill University, MMFA created the Arts & Longevity Lab (ALL) and planned a series of experimentations to develop, validate and spread participatory art-based activity for health prevention and promoting in the aging population. This symposium aims to report the different activities of the ALL.

5. Bio for Each Presenter:

Prof. Olivier Beauchet is a physician, holder of the Dr. Joseph Kaufmann chair, Full Professor at McGill University and Director of the Centre of Excellence on Longevity. His far-reaching expertise and competence, as illustrated by his extensive high-impact research output, have led him to be recognised internationally as a prominent figure in geriatrics.

He has collaborated with the Montreal Museum of Fine Arts in a series of promising studies evaluating art's effects on older adult health, a prominent theme of his work. The A-Health study that he engineered is at the centre of the nascent Arts & Longevity Lab that assembles ten museum- researcher duos, which is his current major initiative.

September 2, Session 2-4

- 1. Name(s) of Author(s):** Nathalie Bondil
- 2. Affiliation(s):** Director General and Chief Curator, Montreal Museum of Fine-Arts, Canada
- 3. Title:** A-Health Study
Arts and Health: Adding Museum Experience to Medical Exploratory Methodology

4. Abstract:

Like the Montreal Museum of Fine Arts (MMFA), researchers, health providers are looking at the contribution made by art and museums with a view to improving the well-being of individuals and thus of society. These questions require a holistic approach. For example, because of their complexity, the various kinds of mental illness, cancer and heart disease call for an overall approach that is integrated in the social, cultural and economic environment. The MMFA is adding museum experience to this exploratory methodology.

The MMFA wishes to develop its potential to become an agent of change and social cohesion, and more specially to contribute to individuals' health and well-being. The MMFA is the first museum to have actually set aside physical space and created a scientific committee dedicated to art and health. Chaired by Rémi Quirion, Chief Scientist of Quebec, this advisory committee is made up of experts from the areas of health, art therapy, research and the arts, in addition to philanthropists and representatives of the MMFA. Leaders in their fields will offer their services free of charge. Their expertise and their interest in the benefits of art on health were what guided the selection of members for this committee.

5. Bio for Each Presenter:

Nathalie Bondil, graduate of art history at the École du Louvre, obtained the title of conservatrice du patrimoine d'État from the Institut National du Patrimoine in Paris. Appointed Chief Curator of the Montreal Museum of Fine Arts in 2000, she also took on the role of Director General in 2007 and is Vice-Chair of the Canada Council for the Arts and member of the Order of Canada, among others. Under her leadership, MMFA, through its expansion, has become a platform for collaboration with academics, healthcare providers, and clinical researchers; the A-Health study is one example of this.

September 2, Session 2-5

- 1. Name(s) of Author(s):** Junko Anso
- 2. Affiliation(s):** Tokai University (lecturer) and Independent museum consultant, Japan
- 3. Title:** What Is the Wall for Inclusive Education in Museums in Japan?
- 4. Abstract:**

What prevents museum education from becoming more inclusive in Japan? Management? Money? Fear of criticism?

First, the inadequate understanding of managers seems a major problem. However, this is a problem for many other issues, as well. We should find a way to convince them of the importance of the issue.

Second, insufficient money may be a significant issue. When I gave advice about inclusion, many of museum staffs respond, “Your suggestions and examples are great, but my organization is too big to do this.” even if there are ample funds compare to other museums. Consequently, money is not wall.

Third, educators fear complaints of inadequate education service by visitors with special needs. In my experience, however, they never blamed inexperienced workshop or guide.

I heard many times museum respond to minority’s inquiry, “We are not prepared, sorry,” in shame. The first step to break the wall is to say, “We are not fully prepared, but please come visit our museum.” Inclusive education is not a destination but it is a journey (Susan Pearson, 2018). An inclusive education at the museum is not a serving perfect programs but it is trying to find appropriate education with them for each.

5. Bio for Each Presenter:

2015—Present

- Independent museum consultant (Speciality in social inclusion)
- Lecturer (Museum education, Museology, Museum management) at Tokai University, Tokyo City University and Nihon University.

2005—2012

- Curator (paleontology) at Fukui City Museum of Natural History, Fukui, Japan.

2010

- Selected “Oversea Study for Curators (Ministry of Education, Culture, Sports, Science and Technology, Japan)” at the Museum of the Earth (Ithaca, NY).

2003

- Master of Science (Geology) at Niigata University graduate school, Japan.

1999

- Bachelor of Science (Geology) at Niigata University, Niigata, Japan.

September 2, Session 2-6

- 1. Name(s) of Author(s):** Miranda Stearn
- 2. Affiliation(s):** Head of Learning, The Fitzwilliam Museum, University of Cambridge Museums, and steering group representative, Culture Health and Wellbeing Alliance, U.K.
- 3. Title:** Museums Supporting Self and Society Through Promoting Health and Wellbeing: A Current UK Perspective

4. Abstract:

In the UK, we are at a turning point in terms of recognising the potential of culture to contribute to health and wellbeing on an individual and societal level. In 2017, a report to the All Party Parliamentary Group on arts, Health and Wellbeing recognised that 'The arts (including museums) can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.' In 2018, a new Culture, Health and Wellbeing Alliance was formed, further connecting those working in this field. Museum education programmes are supporting people with a range of conditions, and increasingly are measuring themselves in relation to their impact on health and wellbeing. This paper will give a brief overview of the current context and evidence base, explore how the museum sector is responding, and include case studies from recent work across the University of Cambridge Museums with a range of audiences including people with a dementia diagnosis, those with mental ill health and patients receiving dialysis. It will explore the opportunities, challenges and success factors for working in this area.

5. Bio for Each Presenter:

Miranda leads a team aiming to deliver imaginative and innovative encounters between diverse audiences and diverse collections at The Fitzwilliam Museum, and working in partnership across the University of Cambridge Museums. Making a difference to people has been at the heart of her work over 14 years in the public sector arts and heritage. She is on the Editorial Advisory Board for engage Journal, chairs the University of Cambridge Museums Consortium Learning Consultation Group, and represents museums in the East on England on the steering group of the Culture, Health and Wellbeing Alliance.