

TRY ANY NEWS SERVICE ON
SeniorsNews.net
FREE FOR TWO WEEKS!

Click Here for Instant Access

GETTING THE JUMP ON FY2011 FEDERAL FUNDING
CLICK HERE FOR MORE DETAILS AND TO REGISTER

GETTING THE JUMP ON FY2011 FEDERAL FUNDING
CLICK HERE FOR MORE DETAILS AND TO REGISTER

NEW FROM CD PUBLICATIONS
PUBLIC SAFETY FUNDING REPORT

NEW FROM CD PUBLICATIONS
PUBLIC SAFETY FUNDING REPORT

NEW FROM CD PUBLICATIONS
PUBLIC SAFETY FUNDING REPORT



SeniorsNews.net

A Service of CD Publications

[Sign Out](#) [Home](#) [Subscriber/Account Info](#) [Help/Support](#) [Forgot Your Login?](#) [Download Free Articles](#) [CD Publications](#)

Site Search

Advanced Site Search

Aging News Alert

Housing for Seniors Report

Selling to Seniors

Sign up for Free Email Alerts

PURCHASE SENIOR PRODUCTS:

- Directories
- News services, Books, Audio

(ART THERAPY) Programs Can Awaken New Possibilities In Elderly Patients

[From Aging News Alert](#)

Creative therapy programs are not commonplace in long-term care facilities, but Elizabeth Cockey is working to establish art therapy as a mainstay of rehabilitation programs, especially for disabled elderly. As a certified art therapist specializing in geriatric care, Cockey has established programs in several facilities, and sees the value of art therapy making a huge difference in the quality of life for long-term care patients.

Cockey, who is based in Baltimore, developed her art therapy program independently twenty years ago, a time, she says, when there was "no one around to teach her." Today, she sees most recreational therapy programs in facilities as too passive- patients sit, watch and listen. Her one-hour classes offer patients engagement mentally and physically, and the opportunity to socialize in a unique environment. Family members are always invited to classes, and many times she

NEW

[from CD Pubs Try Any of Our News Services for Free!](#)
 And Get A Free Downloadable Copy Of "Grant Tips" -- A \$69 Value!

[Try Any of Our News Services for Free!](#)
 And Get A Free Downloadable Copy Of "Grant Tips" -- A \$69 Value!

[Try Any of Our News Services for Free!](#)
 And Get A Free Downloadable

List your company in the Senior Marketing Sourcebook

RELATED SITES:

Housing information at Housing and Development.com

Grants and Funding information at GrantsandFunding.net

will have as many family members as patients.

Her work has proved so effective in treating patients that facilities she works with now use it as a diagnostic tool- Cockey can determine where the patient stands emotionally, and how they are going to work in the therapeutic process. "When you take an art program and combine it with other therapy modalities, there is more efficacy there...by as much as 70%. Patients start to blossom. We are able to help restructure some of that neurology through hand/eye coordinated efforts," she says.

Cockey takes a realistic approach to the situation of her patients- most come to class severely depressed, afraid and alone. Many patients have cognitive problems and have never done art as a process. "I don't try to pretend things are happy," she says, instead choosing to acknowledge the situation, an honesty she knows her patients appreciate. Her goal is to let them know they can still have fun and create meaning in their lives. "No matter what stage of illness they are at, they still recognize what is beautiful in the world."

Art therapy goes beyond just painting pictures or craft projects. Cockney uses clay, drawing, painting- whatever medium she feels translates to the class. She is constantly amazed at the level of art created by her patients, which can be hung on the wall in their room or given as gifts to loved ones. "Art therapy is intentional and directed," she says. "I'm teaching how to recover the idea of shape and relationship."

As a consultant, Cockey aims to direct facilities on how to establish an effective art therapy program, from recruiting volunteers to assisting disabled patients. For facilities, it can be difficult managing volunteers without clear objectives. But she insists that any facility can create an art therapy program through community outreach. Local college students, family members and volunteer services are good resources. She recommends starting small, and utilizing online resources for project ideas.

Above all, she believes many facilities must redefine what they are doing in terms of rehabilitating the elderly. "Many are still operating under the old style nursing home," she says. "Programs should be about engagement."

"When someone believes they are good at something, they become good at it," she says. "Patients are going to develop small motor skills to button shirt again, or go to the bathroom, or even speak. They also want to create something in which they can find value, joy and leave a legacy behind when they pass away. Art makes everything better."

Info: For more information on Elizabeth Cockey, visit her

Copy Of "Grant Tips" -- A \$69 Value!

[New Inventory of WINNING GRANT APPS just in!](#)

Check out our latest winning grant apps -- GET THE COMPETITIVE EDGE!

[50+ Marketing: 5 keys to success in Popular 90-Minute Audio CD](#)

National mature marketing expert Kurt Medina outlines five key factors for success in the 50+ market.

[50+ Marketing: 5 keys to success in Popular 90-Minute Audio CD](#)

National mature marketing expert Kurt Medina outlines five key factors for success in the 50+ market.


[Advertise your company in the Senior Marketing Sourcebook for FREE!](#)

Limited time only

[Special Sale On Grant Valu-Pak!](#)

Get more than 400 grants for social services & education THIS WEEK ONLY -- \$129!

[Special Sale On Grant Valu-Pak!](#)

Get more than 400 grants for social

website: www.elizabethcockey.com

For more information on the American Art Therapy Association: www.arttherapy.org

08/03/2010 4:22 PM

[Other stories from Aging News Alert](#)

[Other stories from Aging News Alert during August 2010](#)

[Print this story](#) | [Send this story to a friend](#) |



services & education THIS WEEK ONLY -- \$129!

[NEW: Getting the Most Out of FY 2010 Federal Funding 90-Minute Audio CD Now On Sale!](#)

Participant: "Excellent! Well Worth My Time."

[Private Grants for Community Health Programs](#)

Over 200 newly-researched private community health grants

[Private Grants for Community Health Programs](#)

Over 200 newly-researched private community health grants