ROLE OF ART THERAPY FOR PSYCHO-EMOTIONAL AND PHYSICAL STIMULATION OF THE ELDERLY

(Relationship paper)

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Abstract
Art therapy is used in the treatment and rehabilitation of a number of diseases and injuries of the nervous system and the musculoskeletal system in the elderly. The most commonly used Physical therapy (therapy through movement) and therapy with different kinds of art (art, various types of dance and theater). The art therapy techniques and working methods distract the elderly from different problems, have an emotional effect, contribute toward building new skills and train them in new occupational activities. Classes are held individually or in groups, in different conditions - in rehabilitation centers, retirement homes and other specialized centers for medical and social rehabilitation.

Keywords: art therapeutic techniques, physical therapy, emotional effect, Ergotherapy, physical/mental impairment

INTRODUCTION
The useful and meaningful spent time leads to overcome the age crisis, a means of social integration and socialization. A healthy lifestyle - proper diet, mental and physical activity, social activity contribute to a normal and natural aging process called active, prosperous, healthy aging (Vodenitcharov, Savova, Pavlova, Maksimova & Balkanska (Савова, Павлова, Максимова, & Балканска, 2009).

Activities of older people with art therapy, occupational therapy and kinesitherapy are particularly relevant considering the demographic situation of Europeans and in particular the Bulgarians. Today, people around 75 years of age are 7.5% of the total European population, but it is expected in the next 30 years they will be 14.4%. Most of these adults have some physical or mental impairment, whether congenital or acquired, or simply caused by the natural aging. EUROSTAT studies show that by the end of 2040, the elderly people with significant and severe disabilities will be 6.5%, which is 24.5 million people. Increasingly recognized and used is the art therapy in adults with motor and mental problems, with depression or aggressive behavior, easy irritability, fears, etc. Different art therapy techniques are used to engage the attention, forming of skills and stimulating the neuro-psychological and motor function.

There are two main points defining the essence of art therapy:

• The art has unlimited power and influence on the emotional state and development of the individual, as well as in the formation of their personality;
• The art therapy relies on their own abilities of the individual, their self-healing abilities, as well as their creative abilities for adaptation and self-preservation, not the medication or other treatments (Popov (Попов), 2004).

The aim of this paper is to study the literature and practical methods in Bulgaria and other European countries to implement art therapy for psycho-emotional and motor stimulation of the elderly.

DISCUSSION
Kinesitherapy, art therapy and the occupational therapy are used in the treatment and re-socialization of the elderly. Their multi effect counteracts the premature aging by maintaining the aging organism on the highest structural and functional level.

• Art therapy serves to mobilize the creative potential and it is based on this phenomenon. Also it is based on internal mechanisms for mobilization, activation, self-regulation and self-preservation of the individual (Popov (Попов), 2004).

It is used to solve a number of specific tasks related to the disease depending on the affected various organs and systems:

• To motivate the elderly for regular activities
distracting and stimulating physical activity;
• To slow the aging process;
• To overcome hypokinesia;
• To counter the senile problems of body;
• To improve the function of the locomotor system and cardiovascular system.

The main functions of art therapeutic activity in elderly people:
• Compensative feature - its essence consists in the fact that various unresolved personal problems could be compensated by and through perceiving various works of art, or through active exercise of some kind or genre of art.
• Evolving function - this aspect of the art therapeutic work is towards the development of habits through art perception or through a direct art practice, which habits normally exist in the individuals, but they are not actively used and to the necessary extend.
• Training function - here art therapy is used to form new skills and habits. (Popov (Попов), 2005) in all forms of art therapy, the common denominator remains the work with images. It serves to achieve a wide range of art-therapeutic purposes in practice. Different and creative expression techniques are applied: drawing, making collages and masks, modeling clay or plasticine, embroidering, knitting, drawing in the sand on the beach, other exercises (gymnastics, dance, etc.). The used therapeutic art forms are formulated according to the age of the patients; art therapy with adults of working age, older or very old persons. (Popov (Попов), 2004).

Individual art therapy can be successfully applied in very wide range of patients. It is particularly effective when it comes to the impact on people who are not susceptible to verbal communication - elderly people with memory and speech disorders and etc. Various forms of group art therapy are currently used much more widely than the individual. It is suitable for work with a wide range of patients at the same time, with elderly people, with children and others.

Benefits of art therapy:
• With art therapy can be conducted activities and procedures despite the age, gender, education of the customers. There are no restrictions or contraindications.
• Art therapy is a means of essentially non-verbal communication because through art one can express the most accurate and most complete themselves.
• In art therapeutic work there is a synchrony and connection between the activities of different specialists – teachers, psychotherapists, psychologists, medics, social workers, rehabilitation therapists and others. This provides both a complex approach in solving various cases and optimum impact efficiency.
• The products of human creativity in the arts are evidence of moods and ideas, emotional states, and they can be used for retrospective or dynamic assessment of the condition of the patient.

Art therapy creates positive emotions in people. It helps to overcome apathy and lack of imitative actions; it forms a positive life position. (Popov (Попов), 2005).

The most often used art therapeutic classes are: physical therapy and art therapy. Related to the types of physical therapy, they are:
Alexander-technique belongs to the most common methods. Based on their observations of the author on the movements of the human body, their self-observation and personally testing different variants of complexes of physical exercises.

Among the main means of bioenergy there are: various manipulations of the muscles; breathing exercises; techniques for emotional liberation; active movement exercises; verbal means to release emotions; variations of the physical contact between members of the treatment group and others.

At first glance, the Rosen-method is similar to a massage. In fact it is deeply conscious physical and mental contact between the therapist and the client, relying on bilateral somatic resonance (Paskaleva (Паскалева), 2011).

The occupational therapy, kinesitherapy and sport are used in re-socialization and treatment of the elderly. Their multi effect counteracts the premature aging by keeping the aging organism on the highest structural and functional level. Group forms of exercise are recommended, but in the absence of such a capable adult can deal alone, as the necessary instructions for self-control and proper performing of the exercises and the occupational therapy activities are given to them in advance (Karaneshev, Sokolov, Venova (Соколов, & Венова, 1987).

The ergotherapy is an active process in which the patient is engaged in purposeful activity, emotionally satisfying them (Koleva (Колева), 2009). It is used for the recovery and re-integration of older people through various occupational activities and training in daily life activities. It is used to distract the elderly from various problems; it has an emotional effect in different activities and contributes to the development of new skills (Vacheva (Вачева), 2010). Classes are held in various conditions - in rehabilitation centers, retirement homes and other specialized centers. The patients belong to different age groups, subject to the specifics of each of them. Each age has its own pattern of daily activities, typical for a particular period of life. For the middle aged - various types of work activities and for the elderly - training in daily life activities and entertaining occupational therapy (gardening, modeling, etc.) (Koleva, (Колева), 2011).

Mastering the craft of elderly people and its application for therapeutic purpose has several advantages over the implementation of the exercise:
• When performing a craft work the fatigue occurred more slowly;
• Distracting the adults’ attention from their illness or disability;
• Obtaining a greater toughness when exercising;
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The training effect is faster achieved by increasing the volume of motion, muscle strength and coordination of movement.

Crafts incite the creativity, activate the initiative and stimulate the creative joy of the elderly (Topuzov, 2005).

Working with the elderly requires more attention to the selection and dosing physical and art activities:

- At the beginning of classes with adults and older people there is a need a simple activity to be used, as well as manageable work activities with entertainment. There have been used mainly training in daily life activities and entertaining art therapy;
- Applied are also the methods of play therapy using entertaining games with a little exercise;
- The load should be gradually dosed exactly as it is defined by the reduced re-adaptation and rehabilitation capabilities of the organism (Paskaleva, 2011).

From the sports activities applied are active and less active games and elements of sports games. They are from different starting positions depending on the physical abilities of older people, as the best effect is achieved through outdoor activities. The swimming, shooting basketball hoop and flat terrain cycling have the greatest application of all sport elements.

CONCLUSIONS

Many hospices have been established in recent years in Bulgaria. The number of Homes for old people is growing, licensed by the Ministry of Labor and Social Policy by the Social Assistance Act. A large number of elderly reside there permanently or just during the day. That requires a diversification of activities and distracting the people through art therapy and occupational therapy activities. But the society still owes the elderly in terms of: improving quality of life through healthy eating; organized physical activity; sports; prevention of cardiovascular diseases and overcoming the hypokinesia.

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