

MEDIA RELEASE

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ARTWORK PROVIDES NEW PERSPECTIVE AND SKILLS

FINDING ways to express creativity and learning new skills through art is always a wonderful surprise, as Mallee Track Health and Community Service (MTHCS) Sea Lake residential care resident Yvonne Amos discovered recently.

The 91-year-old was always an avid knitter; however, she says she didn't consider herself "creative or arty" in any way.

It didn't take long for Yvonne to settle into life at MTHCS Sea Lake, and as she became comfortable in her new environment, she turned her hand at learning a new skill.

"When Yvonne arrived, she was taken to our living room and introduced to the lifestyle staff and other residents," MTHCS director of nursing Sea Lake Leanne Adcock said.

"Yvonne began to dabble in different craft and art activities with the support of the staff, and soon she became hooked. She loves to create, and she says it helps keep her busy – I think she's been amazed at what she can do.

"We're often discovering hidden talents among our residents as they try new ways to express their creativity."

One of the new skills Yvonne has discovered is painting and a silhouette portrait is the work she is most proud of.

"When discussing the artwork, Yvonne said that it is her inner self representing her younger days. We look in the mirror and it doesn't match how we feel inside," Ms Adcock said.

MTHCS residential facilities incorporate the Montessori In Aged Care principles into their care, including focusing on individual strengths, meaningful engagement and the prepared environment.

"Yvonne's newfound skill and creativity have certainly added to her sense of accomplishment and wellbeing," Ms Adcock said.

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Picture: Sea Lake resident Yvonne Amos with her wonderful new artwork, which she says represents her younger and inner self.

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