

# Arts-Based Methods in Empowering Aged Family Caregivers

Music

Painting

Poetry

Writing

The  
Power  
of Art

Evokes feelings and experiences

Brings out resources and hidden strengths

Offers comfort and peace of mind

Brings you joy and a sense of well-being

Visual  
Arts

Raises hidden and encapsulated memories and feelings

Alleviates sorrow and pain

Helps you deal with the past and the present

The aim of the project **From family to family caregiver** is to produce knowledge of aged family caregivers' life situations, identify empowering as well as weakening factors of their wellbeing. The data was collected through interviews.

The interviewees were given an opportunity to participate in groups using arts-based methods. Three groups were formed: Café Extempore, Experience & Vitality, and Power of Writing.

**Aspects shared by arts-based methods and a qualitative paradigm:**

- both practices are holistic, dynamic, involve reflection, description, problem formulation and solving
- they open experiences on an emotional level

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