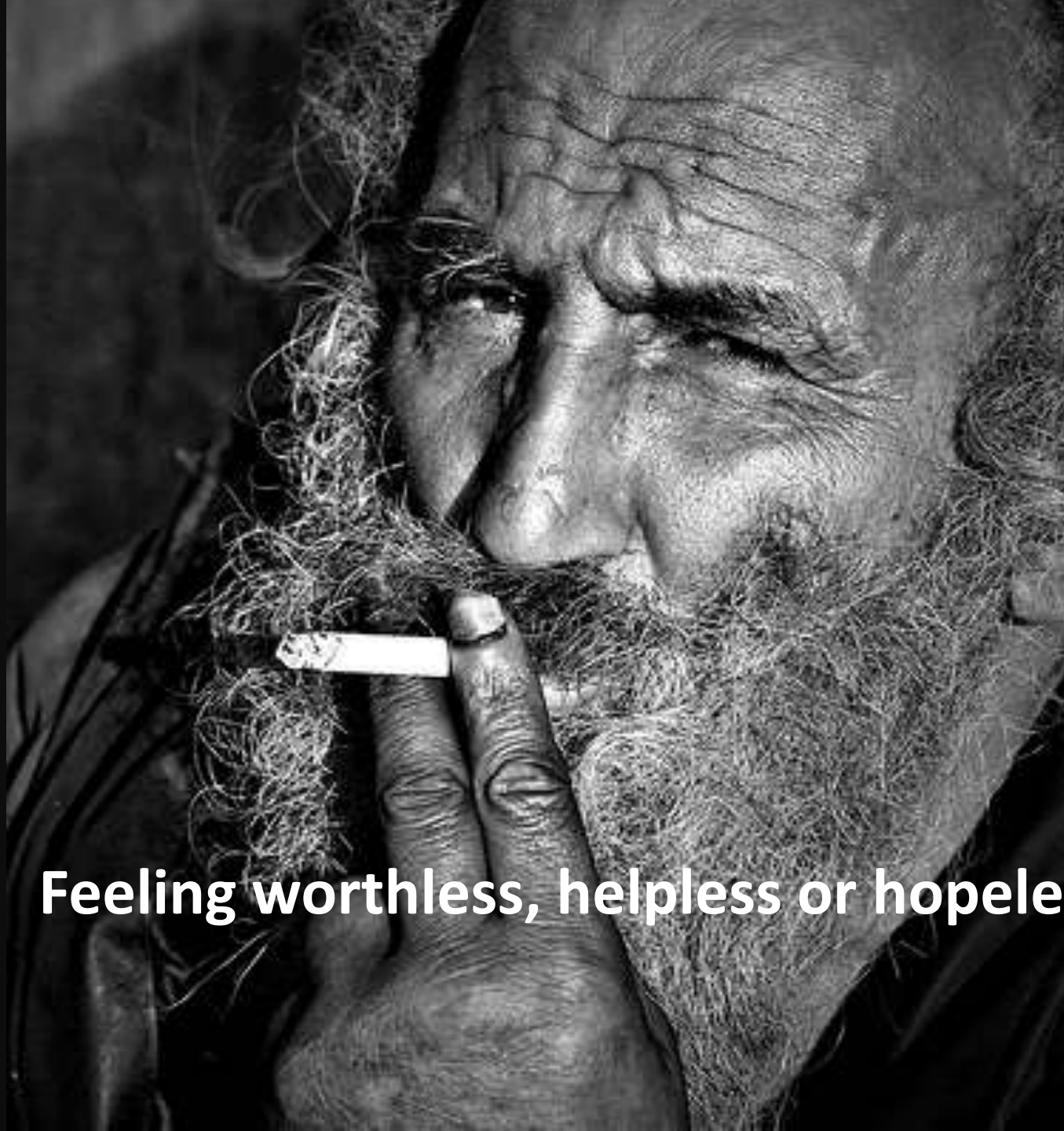


Presentation by Cho-Wai Ben Fung

October 2, 2009

BIND 402 TA1 B

Thesis Topic Advertisement



Feeling worthless, helpless or hopeless



**Having difficulty concentrating or making
decisions**



Loss of interest in taking part in activities



Thoughts of death or suicide

These are symptoms of depression.

("Depression." Cmha.ca)

Problem

- **67%** of Canadians have had **experience** with **depression or anxiety**
- **36%** saying they **have suffered** from **it themselves**

(“Effects of...” Cmha.ca)



Depression is a major issue in Canada

Let's focus on that

What is Depression?

- an illness that causes individuals to feel sad for longer than several weeks and interfere with their work and social life.
(“Depression.” Cmha.ca)

What causes depression?

- specific, distressing life events,
- a biochemical imbalance in the brain,
- psychological factors, like a negative or pessimistic view of life (“Depression.” Cmha.ca)

Canadians that believe impact of depression is strong on their lives:

- **84% of 18 to 34 years old vs. 71% of 64 and over** years old
- Therefore, **elderly** will be the target market for this new product (“Effects of...” Cmha.ca)

- By 2056, **1 in 4** individuals in Canada is an elderly
(statcan.gc.ca 2006)
 - World: More than **35 million** people are living with ***Alzheimer's disease*** or other types of ***dementia***
 - World: ***dementia*** will nearly ***double every 20 years*** (Thestar.com)

- Elderly with Dementia will become depressed & speech impaired (Early Symptoms)



Solution

Thesis Topic:

Depression Relief through the Use of Art Therapy



Art Therapy is a therapy that uses traditional art to relieve symptoms of depression (Johnson 303)



Benefits

- **Art Therapy** is able to reduce depression and loneliness in the Elderly
(Hannemann 4)
 - **Allows elderly to reawaken their creativity**
 - Free to express feelings & make decisions
 - **Art as communication**
 - For all to understand
 - **Work in groups to nurture social interaction**
 - prevent isolation and loneliness



Benefits

Art Therapy also has “**Flow**”/optimal human experience by Dr. Csikszentmihalyi)

Doing art therapy:

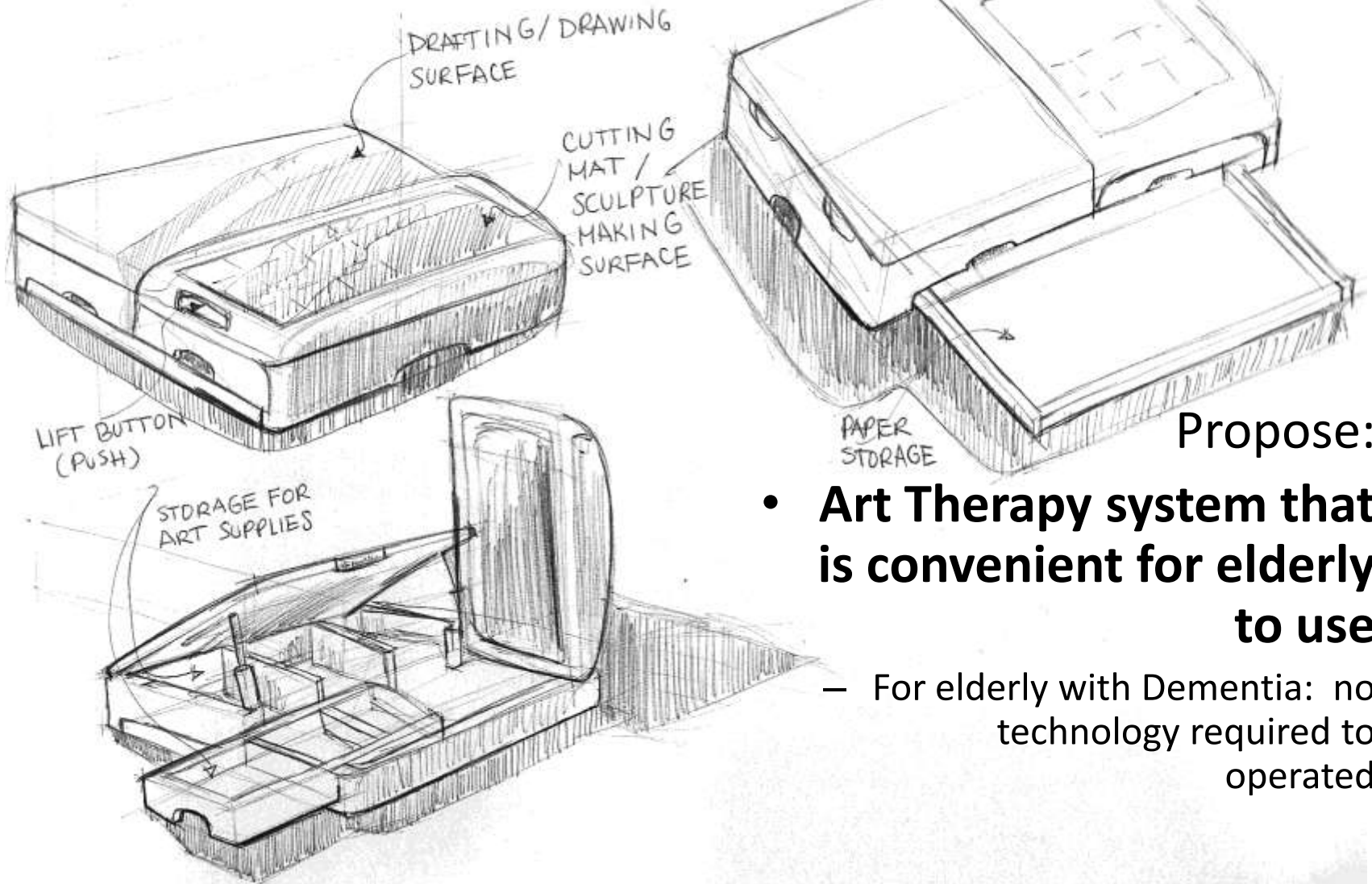
- **Allows elderly to concentrate on their passion**
 - Forget their fears while doing art
- **Built Confidence**
 - Feel achievement after art is completed
- **Built Hope**
 - Have opportunity to work on the next artwork (Debold , Flow with Soul)

Art Therapy

- Now: use only regular art supplies



Initial Sketches



Propose:

- **Art Therapy system that is convenient for elderly to use**
 - For elderly with Dementia: no technology required to operated

Conclusion

- Further research on Art-Improve: Art Therapy System is needed
 - How to understanding depression sufferers through art
- Art Therapy uses a variety of art supplies
- Depression sufferers do become happier through art therapy
- No Art Therapy system in the current market

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