

Abstract

Dementia, recognized by the World Health Organization (WHO) as an irreversible and progressive neurodegenerative disease, is accompanied by significant social stigma. This stigma affects individuals with dementia globally and is shaped by various factors, including gender, age, education, religiosity, cultural differences, and the severity of cognitive impairments. Although palliative care is appropriate for individuals with dementia, many face barriers in accessing it due to limited decision-making capacity and the need for proxy decisions. Stigmatization often leads to rejection, discrimination, and exclusion from multiple aspects of social life. Therefore, raising social awareness in this context is crucial. This research aims to enhance awareness in Thailand, as demonstrated through an art-based approach at the "Healing Light Exhibition."

The "Healing Light Exhibition," held at Palette Art Space in Bangkok, Thailand, from December 7th to December 18th, 2023, created an engaging dialogue among diverse participants, including healthcare professionals, informal caregivers, artists, and students. The exhibition serves as a case study to explore the conversation and impact of art and awareness on dementia in the Thai context. Autoethnography was employed as the research method, allowing for a systematic analysis of personal experience (auto) to gain insights into broader cultural phenomena (ethno). Fieldnotes and sketches were analyzed thematically to offer new perspectives on personal and societal views.

The exhibition centered on dementia-related discussions, particularly focusing on self-definition and societal constructs surrounding individuals with dementia. While designers and architects often prioritize the physical aspects of dementia, this exhibition highlighted the emotional and therapeutic dimensions of art in dementia care—a largely overlooked aspect. This gap between the lived experiences of individuals with dementia and societal norms warrants further investigation.

The study recommends continued exploration of various art mediums, environments, and public engagement to foster greater empathy and understanding. Additionally, future research is essential to evaluate the long-term impact of innovative, arts-based approaches in promoting awareness and integrating palliative care in Thailand's context.

Methodology						
Cyanotype paper preparation	Sunlight casting	Washing	Drying	Drawing	Sewing	Writing and reflecting
The process begins by mixing two chemicals: ferric ammonium citrate and potassium ferricyanide, which create a light-sensitive solution.	The areas shielded from sunlight remain unchanged, creating a stark contrast between the exposed and unexposed regions.	Washing is a critical step in the cyanotype process, ensuring the final image's clarity and longevity.	Drying is the final step in the cyanotype process, solidifying the visual impact of the print. After the paper or fabric has been thoroughly washed to remove unreacted chemicals, it is left to dry in a shaded	Drawing is a powerful tool in art therapy, offering individuals a means to express emotions, process experiences, and explore their inner worlds through creative expression.	Sewing is a therapeutic practice within art therapy that combines creativity with the tactile engagement of needle and thread, offering a soothing and meditative experience.	Writing serves as profound therapeutic processes, offering individuals a means to explore and articulate their thoughts, emotions, and experiences.

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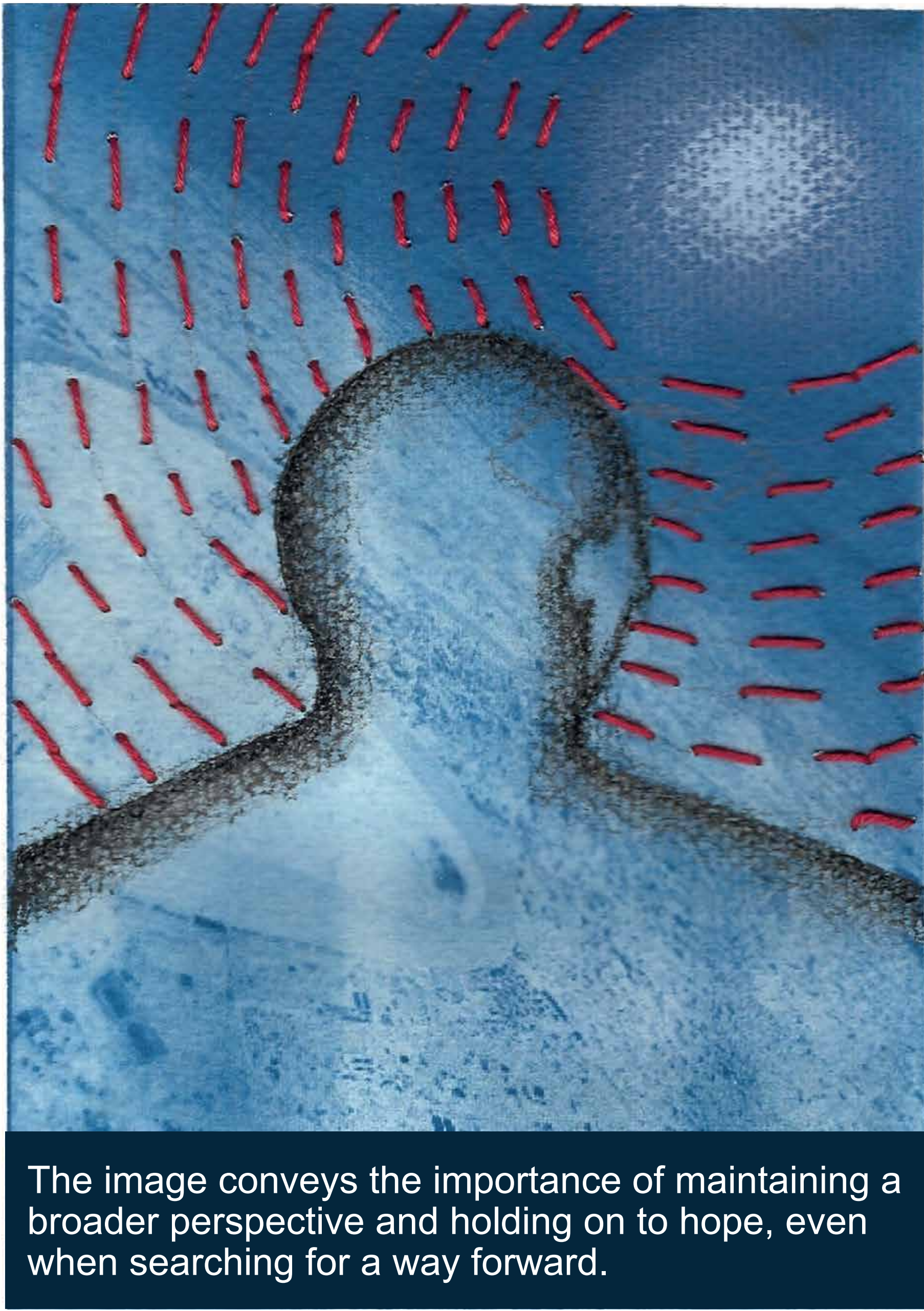
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"Healing Light Exhibition," Palette Art Space in Bangkok, Thailand



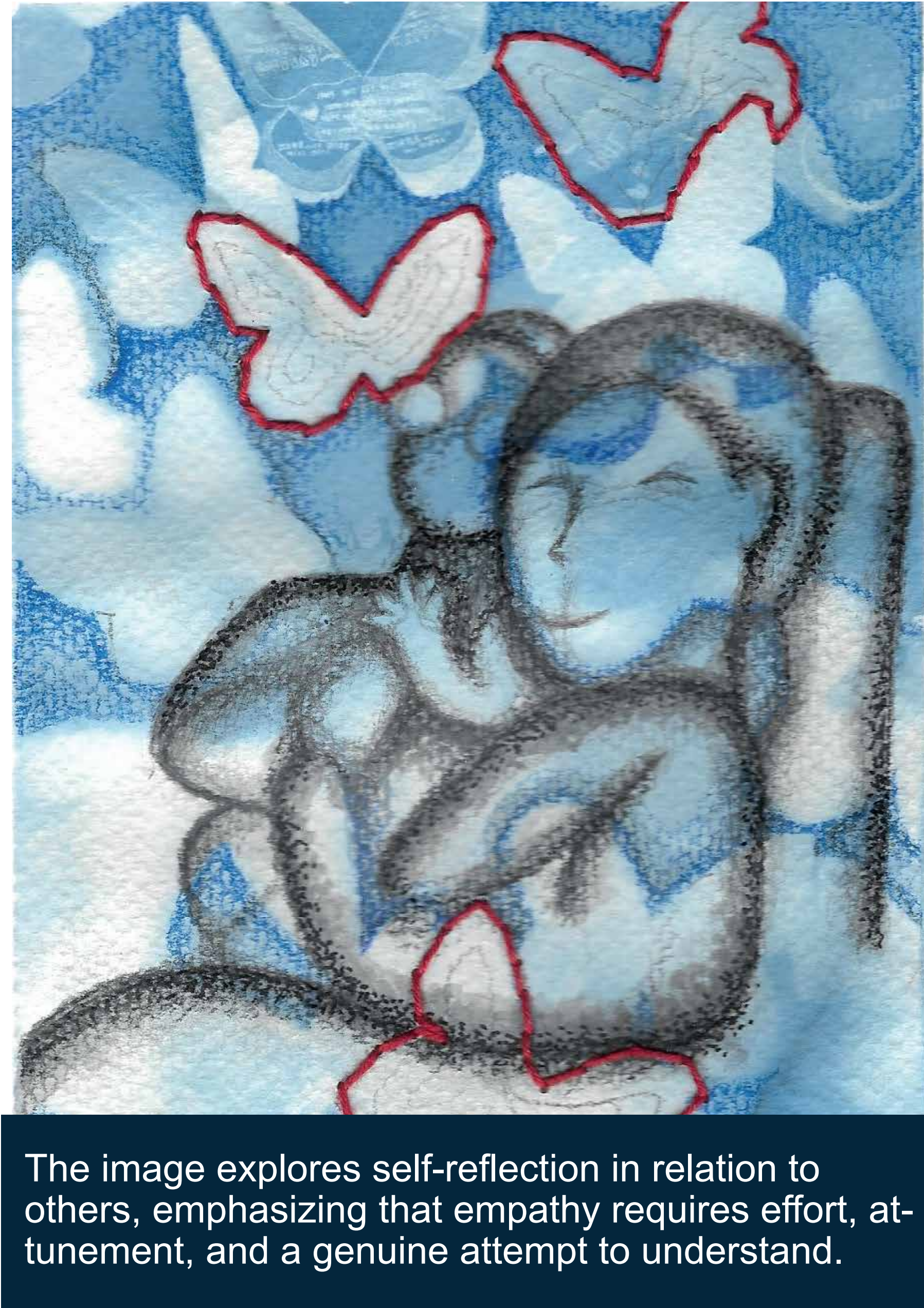
The image conveys the importance of maintaining a broader perspective and holding on to hope, even when searching for a way forward.



The image reflects how we often let societal standards dictate our lives, without considering the possibility of change until it's too late.



The image represents the idea of recognizing your deadline and managing the remaining time accordingly.



The image explores self-reflection in relation to others, emphasizing that empathy requires effort, attunement, and a genuine attempt to understand.