One Stroke Painting

Administrator:
Ms. Barbara Stripling

Wiregrass Rehabilitation Center and Nursing Home
1200 West Maple Avenue
Geneva, Alabama 36430
(334) 684-3655

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Wiregrass Rehab Center and Nursing Home presents One Stroke painting. Our One Stroke painting class is a fun and easy way for the novice artist to create beautiful paintings of animals, landscapes, plants or floral designs. By using this simple “one stroke” technique, residents produce incredible results on walls, glass, wood, metal, or any object that will accept paint. The method can be taught by video or by following pattern books. The residents choose a design, the paint colors and the object they will paint. The One Stroke painting enhances our residents listening skills and ability to follow commands. It helps improve upper extremity movement, finger dexterity, and eye to hand coordination. Overall, One Stroke painting is a therapeutic and relaxing activity for our residents.

What problem does your Best Practice address, and what is its primary purpose?
One problem involved decreased resident participation in activities. The activities department noted a continuous monthly decline in participation of several activities. After reviewing the activities schedule and speaking with residents, the activities director decided it was time for fresh new activities. The primary purpose of One Stroke painting was to introduce a new activity to our residents that would encourage independence and a sense of accomplishment. In addition, One Stroke painting has helped many of our residents learn a new skill and increased socialization among our long term care residents. This activity has opened the creative doors for many of our residents and boosted their self-esteem because they are able to share the finished results with our staff. At the conclusion of each class, the residents are glowing with excitement and eager to show off their finished product. Many of which have given their masterpieces away as gifts to family. Since introducing One Stoke painting we have improved our participation in activities and provided the resident a way to be engaged in purposeful and meaningful work.
What group(s) of residents and others are involved in your Best Practice, and how does it work (who and how many are helped, what are the benefits to these people and what methods or procedures/protocols are used to get results)?

One Stroke painting is open to our long-term and short-stay residents. The majority of the participants are able to follow commands and do not require re-directing or physical assistance. In addition to the residents, staff, sponsors, and family members participate in this activity. After choosing their colors, design and object to paint, the class watches and follows the instructional video. If the participants are not able to complete their artwork during the class, all materials are available so they can return later and complete their project. This activity does not require staff supervision and residents are able to independently start or finish projects. Residents, who in the past did not attend activities, have been involved in the One Stroke painting class. Through the class, we have noticed new friendships emerge. The participants are also very enthusiastic about helping one another. Because of One Stroke painting, residents who are shy and prefer to keep to themselves have started leaving their rooms to come socialize and participate in this class.

What has your Best Practice accomplished, and how have you been able to tell this (you may give numbers, and/or specific “before and after” examples)?

Our best practice has accomplished four objectives. The first accomplishment was increasing participation in activities. One Stroke painting was introduced due to decreased participation in activities. Since adding One Stroke to our activity calendar the class draws 10-12 residents each month. For over seven months we have maintained steady participation and haven’t had any residents stop attending. The second objective accomplished was increased self-confidence by learning a new skill. When we started the classes the residents would emphatically state, “I cannot create that painting.” However, by the end of the class they were amazed at what they had created. The third objective accomplished was improved socialization among the residents. The women that participate in the class have become painting pals and they are constantly encouraging one another. A specific example that showcases the increase in socialization is Ms. “Ann.” Ms. Ann is extremely shy and typically does not stray too far from her room. In October when we started One Stroke, Ms. Ann decided she would come and watch the class. Since that first day Ms. Ann has attended every class and is good friends with several of the other women. In fact, she now attends our knitting group and large group activities that she previously did not attend. The fourth accomplishment happened by accident but has turned into a side benefit for our activities department. During a nursing home event the residents were showcasing their art work and several of the visitors were interested in purchasing the items. Our activities director immediately recognized an opportunity to help fund more activities so with permission of the residents, we began selling their artwork. We have raised approximately $100.00 from our sales.

What problems, obstacles or challenges might other facilities face in replicating part to all your innovation? Were there any adverse effects or any ways that things turned out differently than you had planned? Do you know of any other facilities which have tried this or a similar best practice idea?

There has not been any problems or challenges with this activity. Other facilities will have no difficulty incorporating this activity in their home. The materials are accessible at craft stores or may be purchased on the internet. The residents are able to choose their color schemes and patterns. Even if a teacher is not available residents will be able to complete this activity because of the instructional video. Instead of purchasing items our local businesses graciously donated items for us. There is minimal start up costs and the activity is easy to perform, therefore making it easy for any home to incorporate. The only problem you may incur is having a room large enough to hold all the participants.
What was the cost to implement your Best Practice (include dollars, supplies, equipment, etc.)? The cost to implement this best practice was minimal. As mentioned earlier many items were donated. We contacted local businesses who were gracious in helping. Many residents’ sponsors were excited to get involved and donated items as well as helped teach the class. The paint set included black poster board and paint brushes. We purchased the poster board for $5.00 and the paint brushes come in a set for $10.00. One Stroke painting can be purchased from craft stores with the video included for approximately $30.00. You can also purchase via the internet. (This includes everything you will need to get your program started.) At our facility fall festival our residents sold some of their work. They also display their work in their rooms and give as gifts.

What are the reasons you consider this Best Practice to be excellent and innovative? There are several reasons we consider our Best Practice to be excellent and innovative. First it was simple and easy for the residents to learn and do. The One Stroke painting offers so many examples we will not run out of ideas of things to paint. It added excitement and fulfillment to teach resident’s life. We are seeing friendships being made, increased socialization among residents that usually stay in their room and don’t interact with others, and most importantly the residents have enjoyed learning a new skill. Seeing their sense of accomplishment was rewarding to the residents, staff, and sponsors. It gave our residents a chance to display their creativity and discourage from being fearful of trying something new. Their spirits were lifted and brought a smile to their faces. We feel it enhanced our resident’s quality of life through pride in their work, and a feeling of self confidence for accomplishing a new skill. A few residents voiced the class made them feel useful because they learned a new skill and were able to share their artwork with others.
(Center) One of our ladies showing off her finished product. Next are some of our supplies to get us started. (Right) is one of our paintings.

Shown (top left) paintings on tile. (Right) our teacher, And the one who introduced one stroke painting to us. (Bottom) two of our ladies working on their painting.
Center: painting on glass vase.

Getting started on their paintings!

One of our ladies concentrating really hard!
Showing off another pretty painting!

Here is the finished product!

These helped teach us our strokes.