



Tidewater Arts Outreach

Instructions for Student Artists

Things To Do at TAO programs:

1. Smile and say 'hi' to everyone you meet. Arrive early to have time to meet at least three residents before your program. Things to say:
 - a. "It's nice to see you today!" (instead of "How are you?")
 - b. Say something about the weather, what they are wearing or what their name is.
 - c. Tell them a little about what you will be doing during your program
 - d. Ask them what kind of music they enjoy most, or what their favorite song is.
2. Have gentle, physical contact.
 - a. Touch their hand or shoulder when you talk with them.
 - b. Arrange yourself so you are at eye level when you talk with them
3. Memorize your work so you can look at people while you play. Your smiles, your eye contact, your conversation and your gentle touch means the world to these individuals.
4. When you present your program, stand near the residents, not far away. Get as close as possible. Move around to different residents, if you can. The more you can do this, the better.
5. Plan on spending at least five minutes after your program talking with three or more residents.
 - a. Ask them what part of the program they enjoyed best.
 - b. Ask them about what other kinds of music or art they enjoy.
 - c. Ask them if they played an instrument, earlier in their lives.
 - d. Take a look at their activities calendar (it is posted on the wall), to mention the next activity or some other calendar event
6. Wash or sanitize your hands when entering and leaving the building; cover your cough.
7. Offer to get a staffperson to help if a resident requests assistance.

Things Not To Do:

1. Do not stand over someone in a wheelchair, so they have to look up to see you – bend your knees so you are at eye level.
2. Do not use any force at all when holding a hand or a shoulder, or when receiving a hug. Many older people are frail and have thin, brittle bones that can break very easily.
3. If someone does not respond to your question or conversation, do not expect that repeating yourself will help. They might not be able to hear or to speak. It might be best to say something like "I hope you enjoy our program," and move on.
4. Do not attend a program if you have a fever or a cough.
5. Do not provide physical assistance or offer to relocate a person, or help someone out of a chair, without staff awareness and approval.