

Erika Shaver-Nelson, MA

Dementia & Creativity Sessions

Erika Shaver-Nelson was an Activity Coordinator at elder care communities for 17 years. She has been leading creative activities for elders with dementia for over 20 years. Erika received her BA in Performing Arts & her MA in Counseling Psychology/Drama Therapy. Erika has completed the CARES Dementia Specialist training, Music & Memory training and is a Timeslips Creative Storytelling Certified Facilitator.

First Steps

First Phone Call We will set up an appointment for our initial phone conversation. I want to better get to know you, your loved one and their interests.

Free Initial Visit I come to your home to meet you and learn more about you, your interests and which type of creative expression you would be interested in trying first. I can offer sessions that focus on specific creative arts such as movement/dance, music/singing, improvisational theater, creative storytelling, visual art, poetry-writing, or a combination of any of them. Previous arts experience is not necessary! We can do this over zoom if you do not live in the Boise/Treasure Valley area.



Possibilities

One-to-One Creativity Sessions

in your home/community
in person or zoom

2 hours - \$75-\$100 sliding scale

Group Creativity Sessions

in your community
movement/chair-dancing, improvisational
theater, visual art, Timeslips creative
storytelling, poetry writing, sing-along

1 hour - \$50-\$75 sliding scale

Consulting

Need ideas for creative activities you can do with your
friend, family or loved one?

Or in groups at your community?

1 hour - \$50-\$75 sliding scale

"As a caregiver for my husband with Alzheimer's who has always enjoyed creative pursuits, I had been searching for activities that would stimulate that part of his brain. He had been struggling with the loss of his artistic abilities. After meeting with 'Ms. Erika' regularly for the past several months, he has started to appreciate the beauty in colors and shapes from everyday surroundings. Erika always has a new project to help him practice being engaged in the present moment. Which is a lesson we all can benefit from!"

(208) 724-4754

erika@funwitherika.com

funwitherika.com