



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

How to Set Up An Art Cart

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Shelley Klammer**

<http://www.expressiveartworkshops.com/how-to-start-your-own-art-program/how-to-set-up-an-art-cart/>



The following is a list of items that you may want to use when setting up an art cart for institutional and medical settings such as hospitals and care homes.

I work in a hospital setting with the older adults so I include a variety of pre-prepared projects on my cart, as well as materials for spontaneous art making. Some elders with dementia need a great deal of assistance and some like to paint within pre-drawn lines. Others prefer to work utterly spontaneously. Your art cart will look different than mine but I will share some of the materials and projects that I use with you here. For more information on how to run an art program for older adults, I have written a book (please visit <http://www.expressiveartworkshops.com/how-to-start-your-own-art-program/how-to-start-an-art-program-for-the-elderly/> to learn more).

Projects Cart and Accessories:

- A Commercial cart (see link: http://www.amazon.com/gp/product/B00DZZ0R0A/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00DZZ0R0A&linkCode=as2&tag=tinkerlab-20 as an example)
- Plastic bins and containers to hold art supplies.
- Walker baskets, wheelchair bags to hang on front and sides.
- Large plastic trays for paints and brushes.

Art Supplies

- Acrylic paint, watercolor paint, fabric paint in plastic containers with lids
- Pencil crayons, oil and water-based pastels, pencils, permanent black markers for pre-drawing designs for painting projects.
- Brushes for water-based paint.

Spontaneous Art Projects:

- Sketchbooks and paper for people who like to draw.
- Watercolor paints and circle template for free-form mandalas and spontaneous paintings.
- Collage materials: magazines, color photocopies, scissors, glue sticks, card stock for backing.

Structured Art Projects:

- Cardboard covered in brown or butcher paper to mount projects on (you can use this to make a lap easel)
- Pre-drawn paper and fabric designs such as geometric mandalas or still-lifes
- Small wood projects and terracotta pots to paint with acrylic paint.

Paint Protection :

- Plastic table cloths from the dollar store
- Paint aprons to protect clothing
- Plastic, custom “sleeves” can be sewn to protect the painting arm with elastic at the wrist

Miscellaneous Art Supplies:

- Masking tape
- Scissors
- Glue sticks and white glue
- Glue Guns
- Tissue paper for collage
- Art and picture books for inspiration
- Stamps and stencils
- Large envelopes for collage ephemera and bits
- Sandpaper to smooth out wood projects
- Varnish to clear- coat terracotta pots and wood projects
- Small ruler
- Small paint trays and palettes
- Chunk of wax for resist paintings and to apply to wood projects for easy sanding between different coats of color
- Spray bottle for wetting paper and paint
- Tablespoon and paint scraper for cleaning up paint spills
- Small notepad for attendance and client progress notes
- Plastic water containers for washing brushes







Heartfelt thanks to **Shelley Klammer** who graciously gave permission to Hildegard Center to re-post this article for our project. Shelley is a Registered Counseling Therapist and a Registered Counseling Supervisor with the Association of Cooperative Counseling Therapists in Canada. She currently works in Canada's largest therapeutic art studio, Artworks Studio, for adults at the end of life with dementia and/or physical and mental challenges. While she is designated as a counseling therapist, she has logged over 11,000 art therapy hours in the studio and feels blessed to have worked with hundreds of clients from all walks of life in this creative capacity. Please visit www.expressiveartworkshops.com to learn more about Shelley, her workshops and books, and her work.

If you have used this resource, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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