



Co-funded by
the European Union

ART@HOME

METHODOLOGICAL GUIDE

FOR AN ARTISTIC ENCOUNTER IN THE HOMES OF ISOLATED INDIVIDUALS

FOR CULTURAL OPERATORS, SOCIAL WORKERS,
AND SOCIAL ACTION/SUPPORT MANAGEMENT.

PROMOTING SOCIAL INCLUSION AND MENTAL HEALTH BY COMBATING LONELINESS
AND ISOLATION THROUGH ARTISTIC AND RELATIONAL EXPERIENCES



Cie *Aléa Citta*
Danse contemporaine



WHAT ARE WE TALKING ABOUT?

Creative projects carried out with vulnerable individuals are now quite common and are offered in a variety of contexts. Although they are highly relevant and beneficial, all these projects face the same challenge: accessibility. What opportunities are available to those who feel they cannot leave their homes to participate, for physical, health-related, or personal reasons? How can those most at risk of isolation and loneliness be given access to such opportunities?

This tool aims to address this issue by proposing a methodology and recommendations for implementing an individual artistic encounter in the homes of isolated adults who cannot or do not wish to take part in projects outside their homes.

This method not only helps overcome spatial barriers, but also immerses the participant in the artistic gesture defined by the artist. It also involves autobiographical fragments from the artist, the host, and the professional present. Far from having passive roles, they instead take on participatory roles that require trust, commitment, and willingness to engage in the encounter.

OBJECTIVES

- 💡 Raise awareness among involved professionals about the role of each person's cultural background in helping and supporting relationships.
- 💡 Promote mental health and well-being among populations exposed to the negative physiological and psychological effects of isolation.
- 💡 Offer isolated individuals the opportunity to participate in an artistic and creative experience, helping them develop creative skills through "learning about oneself and contributing to the world, enabling personal growth and transcending the immediacy of problems associated with aging and vulnerabilities" (Philipps, 2007).
- 💡 Reach individuals who are disconnected from community life. By creating a moment that breaks from the ordinary, the artistic encounter aims to support the person in experiencing emotions and telling their story in a different way.

THE PARTNERS

To implement an artistic encounter in the homes of isolated individuals, several professionals from different sectors need to come together:



SOCIAL/HEALTH/CARE ORGANIZATION PROFESSIONALS:

This structure works directly with isolated individuals. Professionals build a relationship of trust with them on a daily basis.



A CULTURAL ORGANIZATION:

This may be a cultural operator (theatre, dance center, contemporary music venue, etc.) capable of identifying artists in the region who can take part in the initiative.



AN ARTISTIC TEAM:

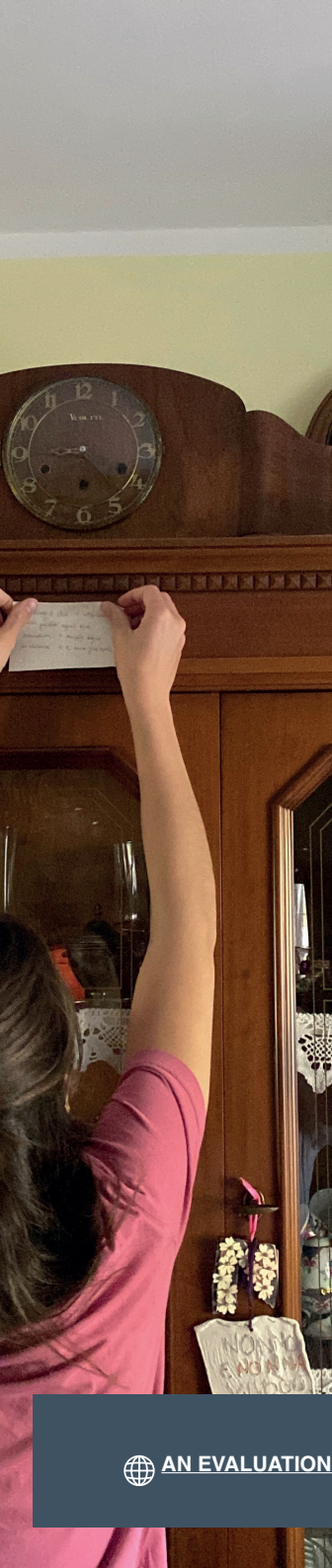
Professional artists engaged in creative and research-based artistic practices who are willing to collaborate with other sectors in order to meet individuals.

WHAT DOES IT MEAN TO COOPERATE?

The initiative for the encounter may be led by one of the structures mentioned above. The first meeting between professionals from these structures helps lay the foundations for a relationship based on trust and dialogue, which is essential for any cooperative project.

Expressing each party's motivations and objectives, presenting the structures, creative backgrounds, the people being supported, and the local context are key topics to address before jointly drafting the project.





COOPERATION: ESSENTIAL STEPS

● A PREPARATORY MEETING BETWEEN THE ARTISTS, THE CULTURAL ORGANIZATION, THE PROFESSIONALS FORM THE SOCIAL STRUCTURE WHO WILL CONDUCT THE HOME VISITS AND THEIR MANAGEMENT.

🕒 **OBJECTIVES:** Understand the intended goals and impacts / Clarify each person's role in both project management and implementation / Define the conditions under which these visits will be offered to service beneficiaries

● MOBILIZING BENEFICIARIES

Sensitivity to art is not a prerequisite for selecting participants. These encounters are designed to allow each person to experience a unique and meaningful meeting through artistic practice.

● ARTIST / VISITING PROFESSIONAL RELATIONSHIP

The reciprocal relationship built between the social worker and the artist is a central pillar of both the encounter and the project. A preparation meeting should take place at least a few days before the visit.

🕒 **OBJECTIVES:** Create a space for dialogue and negotiation / Build essential rapport for the visit / Discuss the particularities of the home environment / Establish the necessary conditions for encounter and otherness

● ARTISTIC RESEARCH

Before each encounter, and based on the material shared by the social worker, the artist must prepare their intervention.

🕒 **OBJECTIVES:** Develop possible artistic process pathways, to be adapted according to how the relationship evolves / Offering the participant a choice may help facilitate their engagement in the encounter

● AFTER THE VISIT

A time for discussion and debriefing between the artist and the professional should be scheduled immediately after the visit.

🕒 **OBJECTIVES:** Ensure everyone's well-being and integrity / Allow free emotional expression / Analyze what worked and what did not / Consider possible follow-up proposals for the person visited



AN EVALUATION TOOL IS AVAILABLE TO GUIDE THE ACTIVITY



THE ARTISTIC ENCOUNTER (1 TO 2 HOURS)

MEET 15 MINUTES BEFORE THE VISIT TO PREPARE TOGETHER

ARRIVAL OF PROFESSIONALS AND ARTISTS:

A time for exchange and introductions, often over coffee. This moment is fully part of the intervention and allows the person to gradually feel at ease. It enables everyone to become aware of the space and each person's position within it.

The social worker serves as a link between the artist and the individual, initiating the exchange by facilitating introductions and setting the framework of the encounter. However, very quickly, the social worker steps back to allow the artist to lead into the creative process.

ENTERING INTO PRACTICE

Things may not unfold as imagined, but it is important to think through several possible scenarios or triggers. The artist, in alignment with their artistic practice and creative process, must engage with what the encounter offers: words, objects, spaces, shared memories, gestures, and many other elements. The artist, the social worker, and the supported person each have a place within this exchange.

AT THE HEART OF THE ARTISTIC ENCOUNTER

The relationship continues to develop through artistic practice, potentially leading to co-creation between the artist, the individual, and the social worker.

The artist leads this part, supported by the social worker.

Communication is key at the heart of the artistic encounter. The artist may seek the person's consent before proposing an artistic action involving them and their intimate space.

CLOSING THE ENCOUNTER

This moment is just as important as the arrival. It is not simply about leaving once the artistic practice is finished, but about consciously closing this shared time together.

You may reflect together on how best to conclude the encounter, and possibly leave a trace, such as a transitional object, that will allow the person to remember the emotions experienced that day.

The trace (a poem, story, or other form) can serve as a link and a memory trigger—an artistic imprint of the moment. It may also become a tool for the social worker afterward, helping to recall the exchange and perhaps initiate a new dynamic or reconnect through this relational channel.

It also helps ritualize the farewell, acknowledge the host in their full humanity, and materialize the encounter.

The social worker plays a crucial role in managing the finitude of the encounter, as they can ensure continuity in the relationship with the person they support.





KEY PRINCIPLES

- RECIPROCITY BETWEEN THE PROFESSIONAL AND THE ARTIST AND A SHARED ALIGNMENT WITH THE APPROACH
- THIS IS NOT A PERFORMANCE!
- A SENSITIVE AND RESPECTFUL ENTRY INTO A PRIVATE SPACE
- ADAPTABILITY AND FLEXIBILITY OF THE ARTIST AND THEIR PRACTICE
- FINDING AN EVOLVING FORM FOR THE ENCOUNTER
- A RELATION THAT HELPS PEOPLE/US THRIVE TOGETHE
- WELL-PREPARED COOPERATION





“We are the ones who assign memory to objects.”



“Parting with your belongings is a little painful, but if I saw someone taking them, I would be happy. They would have a new life; they wouldn't be thrown away. That's my wish.”



“It was a pleasant experience. I'm going to share my experience, everyone should try it.”



“During this encounter, I felt a very beautiful emotion.”



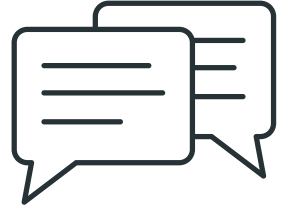
“Dance is powerful, interpreted like that, it brings strong positive or negative emotions.”



“That young woman was talented and very kind, let's do it again.”



“A trace of this encounter was left with him: feet on the ground; the body in the sea.”



Pôle Culture & Santé en Nouvelle-Aquitaine (France)
Anziani e non solo (Italy)
CCAS de la Rochelle (France)
Drama Teatro (Italy)
Compagnie Aléa Citta (France)

This guide is available in

ENGLISH | FRENCH | ITALIAN

**TO LEARN MORE ABOUT HOW THE
PROJECT IS IMPLEMENTED**



**Co-funded by
the European Union**

Project financed by European Commission. This document reflects only the author's view and the National Agency, and the European Commission are not responsible for any use that may be made of the information it contains.