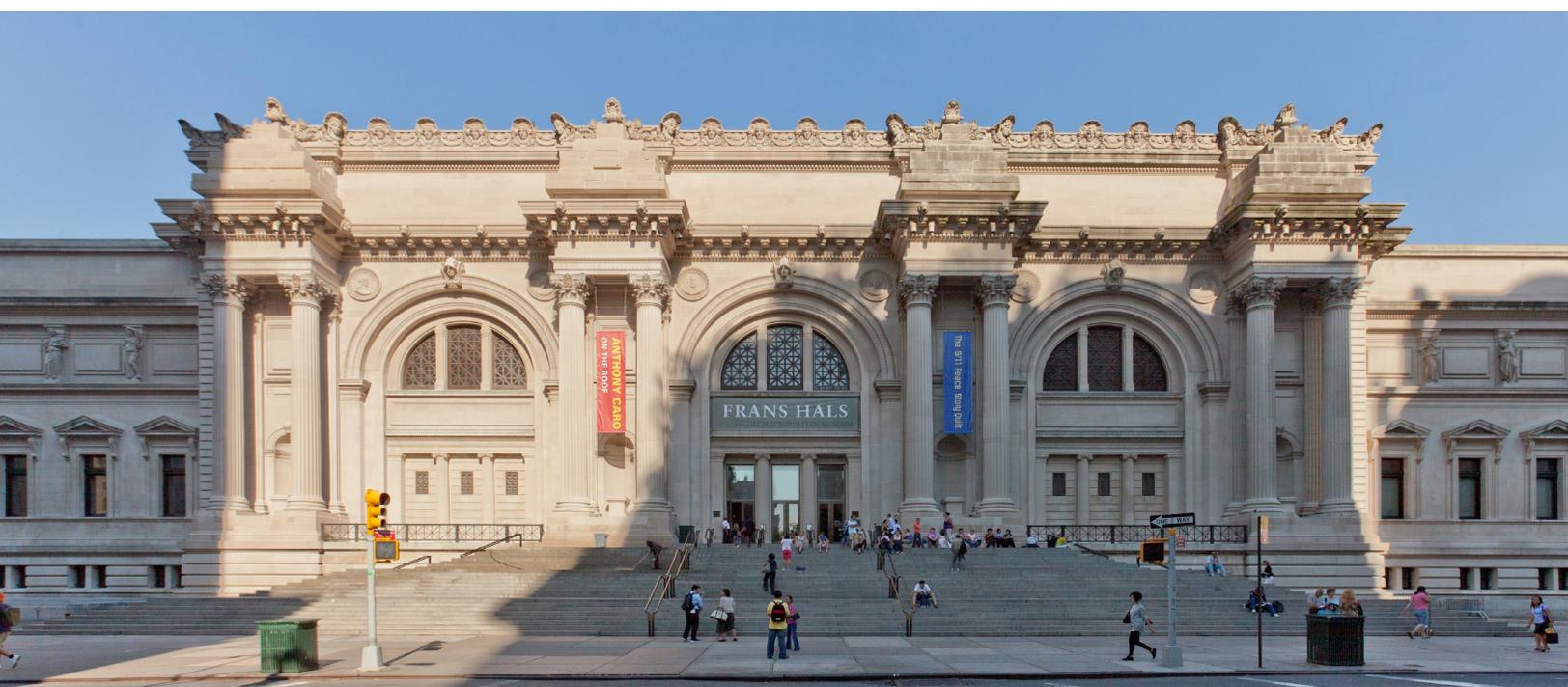


# Visiting the Metropolitan Museum with a Person with Dementia

## A Resource for Care Partners



The Metropolitan Museum of Art

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## A Resource for Care Partners

Visiting a museum and looking at original works of art can be an enriching and enjoyable experience for everyone, including people with dementia. The lively and engaging museum environment offers many opportunities for social interaction, mental stimulation, and physical activity, all of which can contribute to good health and well-being.

The Metropolitan Museum of Art welcomes people with dementia and their care partners. Use this resource as you plan your trip to the Museum or an art experience at home.



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## About The Metropolitan Museum of Art

The Museum is located at 1000 Fifth Avenue (between 80th and 84th Streets) in New York City. It houses an encyclopedic collection of art spanning five thousand years of world culture, from prehistory to the present, and from every part of the globe.

**Hours:** Tuesday–Thursday, Sunday 9:30 a.m.–5:30 p.m.; Friday and Saturday, 9:30 a.m.–9:00 p.m. Closed Monday.

**Admission:** There is a [recommended admission](#).

### Accessibility:

- Accessible entrances are located at Fifth Avenue and 81st Street and through the parking garage at Fifth Avenue and 80th Street.
- Manual wheelchairs are available free of charge on a first-come, first-served basis at the coat check at the 81st Street entrance. Advance reservations are not available.
- The galleries are accessible to wheelchair users and other visitors who need to avoid stairs, but some alternate routes might be required. Ask at Information Desks for an Access Map, which shows accessible routes.
- There is a family restroom near the 81st Street entrance.

See [www.metmuseum.org/visit/accessibility](http://www.metmuseum.org/visit/accessibility) for more information about getting to the Museum and planning your visit.

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## Things to Know When Visiting the Museum’s Galleries

- Food and drink cannot be brought into the Museum and may not be checked at coat checks.
- Water in plastic bottles may be brought into the Museum.
- Flash photography and video cameras cannot be used inside the Museum.
- Only pencils may be used in the galleries; the use of pens and markers is prohibited.
- Seating is located throughout the Museum, but is sparse in some areas. Consider taking breaks in courtyard spaces such as the Carroll and Milton Petrie European Sculpture Court and The Charles Engelhard Court in the American Wing, where you can stop to recharge with a drink or snack at one of the Museum’s [cafés](#).
- For more general tips to help you plan your visit, go to [www.metmuseum.org/en/visit/plan-your-visit/visitor-tips-and-policies](http://www.metmuseum.org/en/visit/plan-your-visit/visitor-tips-and-policies).

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## Recommended Itinerary

We recommend you enter the Museum at Fifth Avenue and 81st Street, through the Ruth and Harold D. Uris Center for Education. This entrance tends to be less busy than the main entrance at 82nd Street. It is also level with the plaza in front of the Museum and therefore has no steps. Wednesday and Thursday mornings are often less busy than other times of the week. In general, mornings are less busy than afternoons and evenings.

The Museum is very large, spanning four city blocks from 80th to 84th Streets. The online Museum map ([www.metmuseum.org/visit/museum-map](http://www.metmuseum.org/visit/museum-map)) can help you select which galleries to visit. Consider some of the following suggestions:

### Galleries Nearest to the 81st Street Entrance

There is plenty to see and do in the galleries at the south end of the Museum, near the 81st Street entrance. Use the elevator in Diane W. Burke Hall in the Uris Center for Education to get to the first and second floors.

First floor:

[Greek and Roman Art](#)

[Arts of Africa, Oceania, and the Americas](#)

[Modern and Contemporary Art](#)

Second floor:

[Ancient Near Eastern Art](#)

[19th- and Early 20th-Century European Paintings and Sculpture](#)

[Photographs](#)

[Drawings and Prints](#)

[Modern and Contemporary Art](#)

### Quieter Galleries

The Metropolitan Museum welcomes over six million visitors each year. The galleries and other public spaces can get very crowded. The following spaces are often quieter and less crowded than other parts of the Museum:

[Oceanic Art](#)

[Ancient Near Eastern Art](#)

[European Sculpture and Decorative Arts](#)

[The Robert Lehman Collection](#)

[Asian Art](#)

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## The Museum's Website

Helpful information is available at [www.metmuseum.org](http://www.metmuseum.org):

- Plan your visit: general information, as well as details about parking, dining options, and more
  - [www.metmuseum.org/visit](http://www.metmuseum.org/visit)
- Learn about the collections and show images of works of art at home
  - [www.metmuseum.org/collections](http://www.metmuseum.org/collections)
  - [www.metmuseum.org/toah](http://www.metmuseum.org/toah)

Visit [www.metmuseum.org/learn/for-educators](http://www.metmuseum.org/learn/for-educators) to download resources that can help you learn more about the Museum's collections, including:

- Fully illustrated publications that provide overviews of various collections
- Pre-visit guides that highlight key works of art

## Program Offerings When Visiting on Your Own

In addition to Met Escapes (see below), the Museum offers many programs that are free with admission, including gallery talks, guided tours, films, and lectures. Check the online calendar at [www.metmuseum.org/events](http://www.metmuseum.org/events) for listings.

## Met Escapes Programs

We invite individuals living with dementia, together with their family members or care partners, to explore the Museum's collections through discussions, handling sessions, art making, and other interactive and multisensory activities in the galleries and in the classroom.

Programs take place on select Sundays and Wednesdays. Visit the [website](#) for dates and times. Met Escapes is free but places are limited and reservations are required. To make a reservation, or for more information, call (212) 650-2010 or email [access@metmuseum.org](mailto:access@metmuseum.org).

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## Looking at Art with the Person You Care For

You don't have to be an art expert to look at art together. The suggestions below will help you create an enjoyable experience in the Museum for you and the person you care for.

- Don't try to do it all. Plan to look at only a few works of art—or even just one. Plan for a visit of no more than two hours. Take breaks to sit, relax, reflect, and refresh with drinks and snacks in the cafés located throughout the Museum.
- You can identify the object(s) you want to see in advance on the Museum's website, or wait and see what strikes you when you arrive. Consider the interests of the person you care for when choosing works of art and areas of the Museum to visit.
- Take note of the objects you look at so you can revisit them at home on the Museum's website.
- Spend some time just looking at an object. Walk around it if possible. Encourage the person you care for to look and reflect.
- Begin a close examination of a work of art with a question about what you see. For example, ask about the lines, shapes, or colors in the work. If it is representational, consider what you think might be happening and develop your own story.
- Encourage the person you care for to express themselves through gesture and movement as well as in words. For example, you both might try re-creating the pose and facial expression of people depicted in a painting or sculpture.
- Bring clipboards or cardboard with paper and pencils and draw together in front of an object. Sketching is not about copying, but rather a way to focus looking. You don't have to draw the whole object. Instead, focus on one aspect of it; for example, you might make marks on your paper to reflect the object's texture, draw a small detail, or focus on shapes you can see within the object.
- For additional ideas about how to discuss works of art in the Museum's galleries, see Resources for Educators in the [For Educators](#) section under "Learn" on the Museum's website.

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## Activities to Try at Home

Be inspired by works of art in the Met's collection and try these ideas at home:

- Print out images from the Museum's website and hang them up or show them to the person you care for. Use them to encourage discussion, to evoke memories, or as inspiration for making your own works of art.
- If you have been to the Museum, print images of works you saw during your visit so you can talk about them at home afterward.
- Create a Museum scrapbook of images of works of art you've seen at the Museum. You can also include your own works, such as art you create, poetry and stories you write together, or pictures you take at the Museum. Look through the scrapbook regularly and talk about its contents.
- If the person you care for has a particular area of interest, try searching the Museum's website for related works of art. For example, search for "flowers" or "cats".
- Encourage creativity. Consider art-making activities using a simple watercolor set, colored pencils, or collage materials such as torn paper and glue sticks.
- Even everyday objects can inspire connections or reactions. Collect a variety of objects that you might see in a painting. Consider their tactile qualities and compare their textures, temperatures, weights, and shapes.
- Create rich multisensory environments. For example, listen to music while you paint or look at art. When you look at a work of art, does a certain type of music come to mind? Imagine the sounds and smells you might encounter if you stepped inside a painted scene. Can you re-create any of these sounds and smells at home to enhance the art-making experience?

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## Let Us Know About Your Visit!

We would love to hear about your visit to the Metropolitan Museum. Please contact Access and Community Programs at [access@metmuseum.org](mailto:access@metmuseum.org) or (212) 650-2010, or [take our survey](#).

## Access and Community Programs

Contact us for information about accessibility, accommodations, and programs for visitors with disabilities:

Telephone: (212) 650-2010

Email: [access@metmuseum.org](mailto:access@metmuseum.org)

Access and Community Programs

The Metropolitan Museum of Art

1000 Fifth Avenue

New York, NY 10028-0198

[www.metmuseum.org/events/visitorsdisabilities](http://www.metmuseum.org/events/visitorsdisabilities)



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