



Creative Aging: Enhancing the Lives of Older Adults

June 6, 2024

Lifetime Arts

www.lifetimearts.org

We work to build a world without ageism and social isolation by collaboratively weaving creative aging into the fabric of our communities.



Agenda

- + Lifetime Arts: What is Creative Aging?
- + Creative Aging in Idaho
- + Small Group Discussion & Share Out
- + Closing & Thank you!

Check in With Yourself

What age do you feel like on the inside today?

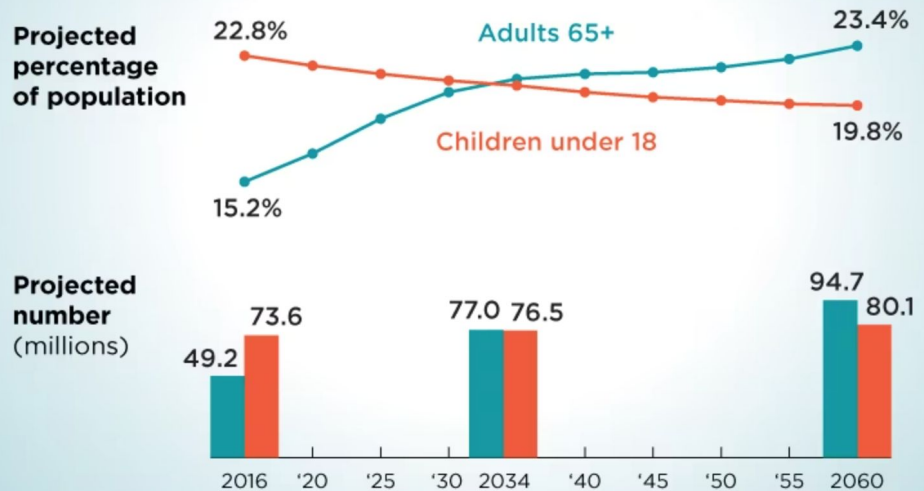
Why is Everybody Talking About Aging?



An Aging Nation

Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034



Note: 2016 data are estimates not projections.



Social Isolation

- + Can shorten life expectancy by 15 years
- + Increase risk of dementia and other serious medical conditions
- + Increased for underserved older adults

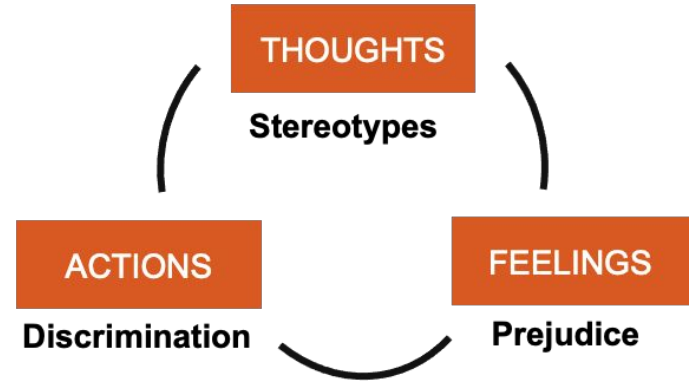
Ageism Defined

Ageism refers to:

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act



Directed towards people on the basis of age

Positive Aging Attitude Improves Health!

Ageism Impacts:

- + Cardiovascular Health
- + Physical Function
- + Alzheimer's Disease
- + Excess Annual Spending

Positive Aging View:

- + Better Hearing
- + Better Memory
- + Less Mental Illness



What is Creative Aging?

Arts education for older adults

Creative aging combines artistic expression and social engagement to improve our quality of life as we age



[LIVELY PERCUSSIVE MUSIC]

The Creativity and Aging Study

- + Dr. Gene Cohen at George Washington University in 2006
- + Took place over 3 years
- + Conducted in NYC (Brooklyn), San Francisco & Washington, DC
- + Age range: 65-103 years old
 - **Control group**—participated in usual activities
 - **Intervention group**—participated in professionally conducted arts programs



The Creativity and Aging Study

Results:

- + Less medication
- + Fewer doctor visits
- + Elevated mood
- + More independent functioning
- + Reduce need for long-term care
- + Less depression, loneliness
- + More activities



Skill-Building & Social Engagement

Older adults can **learn something new**—or more in-depth—and **make friends** in the process.

Imagine

- + What art form do *you* want to learn?
- + When was the *moment* you were attracted to this art form?



— With Partner:

- + Share name, art form, story of the moment (2 mins)
→ Partner writes “words that ring”
- + Partner asks *Clarifying Questions* (1 min)
- + Switch and repeat!
- + Develop combined title for both stories
- + Develop expressive gesture!

Creative Aging Arts Education Programs: Core Elements

- + Arts class (visual, performing, literary or music)
- + Taught by a practicing teaching artist
- + At least **8 sessions** that are minimum **90 minutes** in length
- + Includes skill-building, sequential learning, and social engagement
- + Requires registration and is free or fee-based
- + Planned culminating event

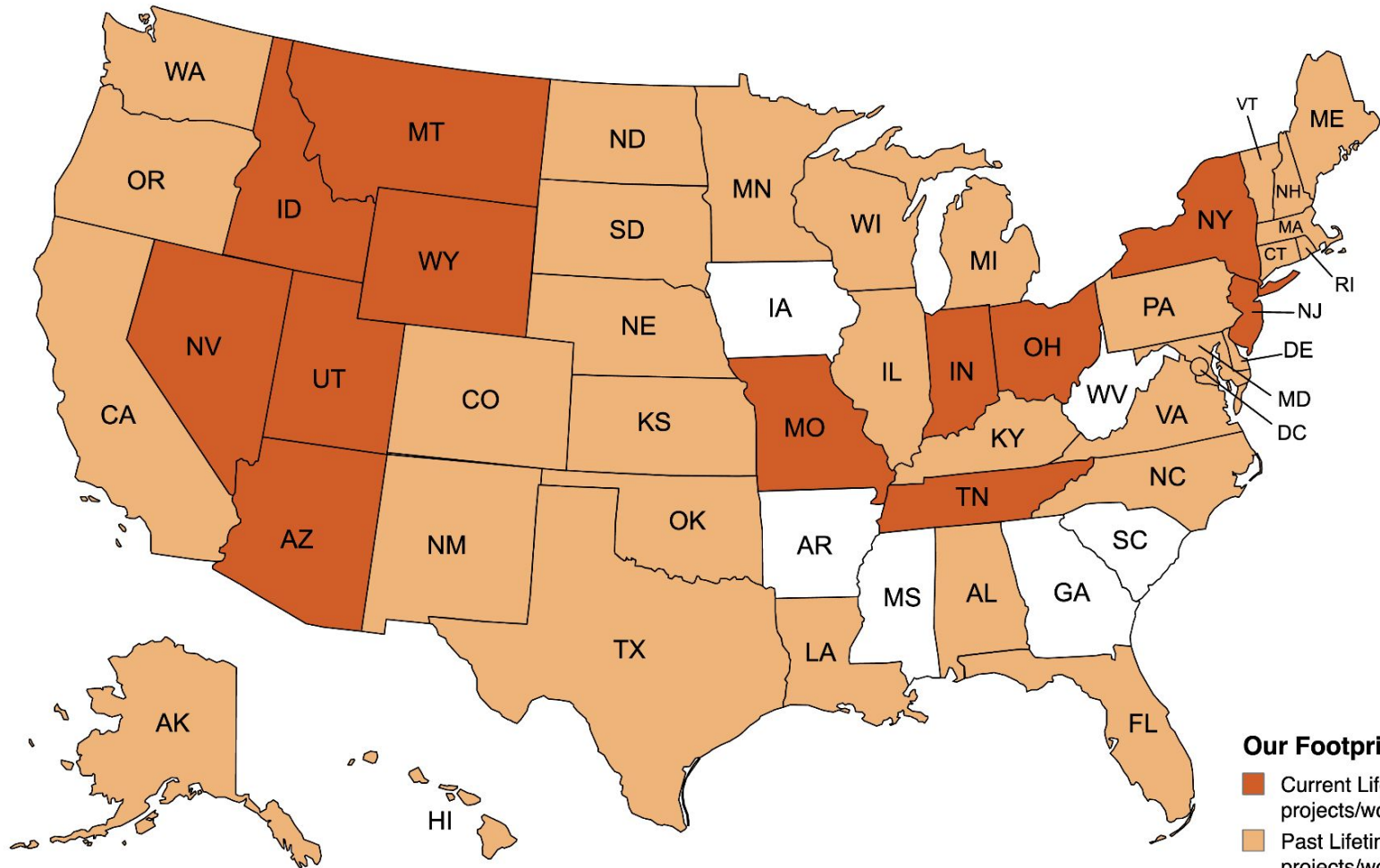
What's Different About Adult Learners?

Adult Learners are:

- + Autonomous & self directed
- + Lifetime of experience & knowledge
- + Goal-oriented
- + Practical

Creative Aging Arts Education Framework

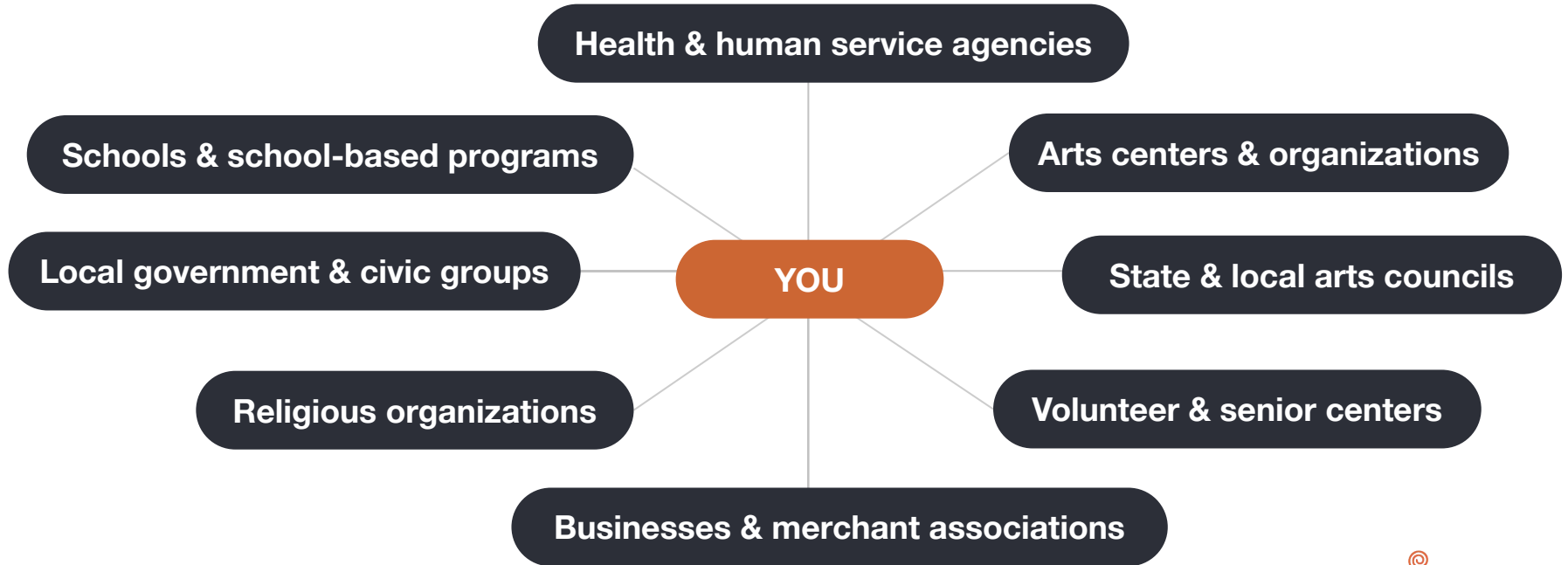
- + Evidence-based
- + Adaptable
- + Free or Low-Cost
- + Responsive to community
- + Centers older adult voices and engages their leadership



Our Footprint
■ Current Lifetime Arts projects/work
■ Past Lifetime Arts projects/work



Cross-sector Partnerships



Advancing Creative Aging in the Western States



**MONTANA
ARTS COUNCIL**
an agency of state government



MAY & STANLEY SMITH
CHARITABLE TRUST

Utah Creative Aging Coalition

Group Discussion



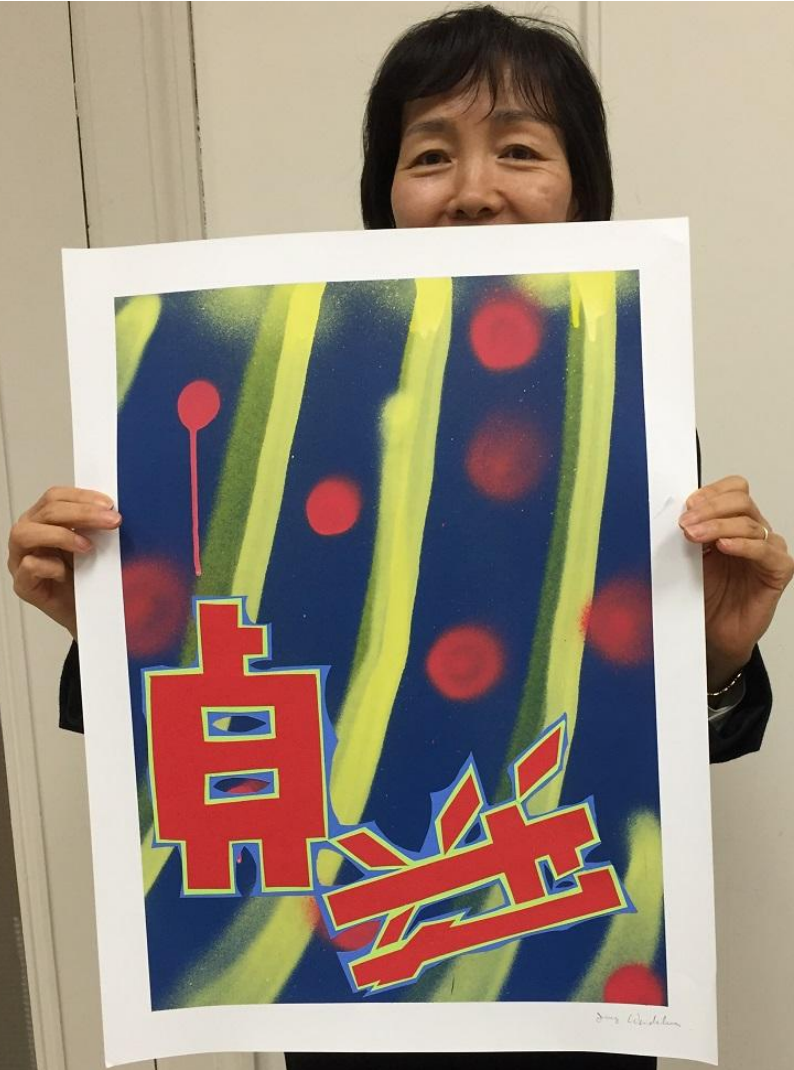


What Excites You?

Turn +Talk

What support or resources might you need to collaborate on creative aging?





**What next step might
you take after today?**

**Who else might we
want to engage that
would be a ready
partner for creative
aging?**



Resources

Video: E.A. Michelson video: Creative Aging: The Essentials
<https://vimeo.com/user34305077> [3:05]

The world health organization's 2021 Global Report on Ageism:
<https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combating-ageism/global-report-on-ageism>

CDC Loneliness and Social Isolation Linked to Serious Health Conditions:
<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

Resources

Cohen, Gene. (2006, April). The Creativity and Aging Study: The Impact of Professionally Conducted Cultural Programs on Older Adults, Final Report. Retrieved from <https://creativeagingresource.org/resource/the-creativity-and-aging-study-the-impact-of-professionally-conducted-cultural-programs-final-report/>

U.S. Census Bureau. (2017). 2017 National Population Projections Tables: Main Series. Retrieved from <https://www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html>

Stanford Center on Longevity's "New Map of Life": <https://www.nytimes.com/2021/11/23/business/dealbook/living-longer-lives.html>



Media Credits

- + Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 1)
- + Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 2 top left)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 2 top right)
- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 2 bottom)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 6)
- + Boston Public Library, Boston, MA; Credit: Boston Public Library (Slide 9)
- + Jefferson Market branch of the New York Public Library, NY. Photo credit: Herb Scher (Slide 13)
- + Olana State Historic Site, Hudson, NY; Photo Credit: Emily Sachar (Slide 14)

Media Credits

- + Creative Aging in the Idaho State Veterans' Home in Lewiston, ID, Credit: Larissa Dittman (Slide 20 top right)
- + Chandler Sunset Library, Chandler, AZ; Credit: Chandler Sunset Library (Slide 20 Top left)
- + Spring Creek Senior Partners, Brooklyn, NY; Credit: Jeremy Amar (Slide 20 Bottom right)
- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 20 Bottom middle)
- + Lincoln County Library System, Kemmerer, WY; Photo Credit: Richard Landreth, Kelsey Richards, Wendy Walton, and Angela Thompson (Slide 20Bottom Left)
- + Heard Museum, Phoenix, AZ; Photo Credit: Mary Dashnaw (Slide 23)
- + Casita Maria Center for the Arts & Education, Bronx, NY; Photo Credit: Casita Maria Center for the Arts & Education (Slide 24)

Media Credits

- + "Contemporary Collage & Printmaking: Express Yourself" at de Young Museum, San Francisco, CA;
Photo Credit: Andria Lo (Slide 25)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York
Community Trust (Slide 26)
- + Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slide 27)