
Welcome Indiana Teaching Artists!

As you come in, add your voice to the public chat:

- + Name
- + Artform
- + Location
- + Something beautiful you can see out your window or in your space

Please have paper or a notebook and pen available

Indiana Arts Commission





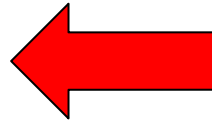
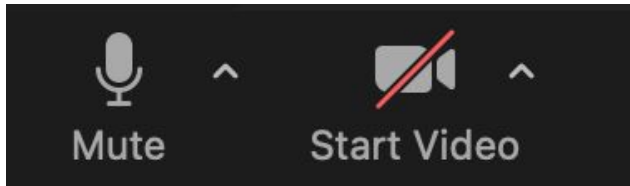
Creative Aging Foundations for Teaching Artists

Indiana Arts Commission

Day One: August 7, 2023

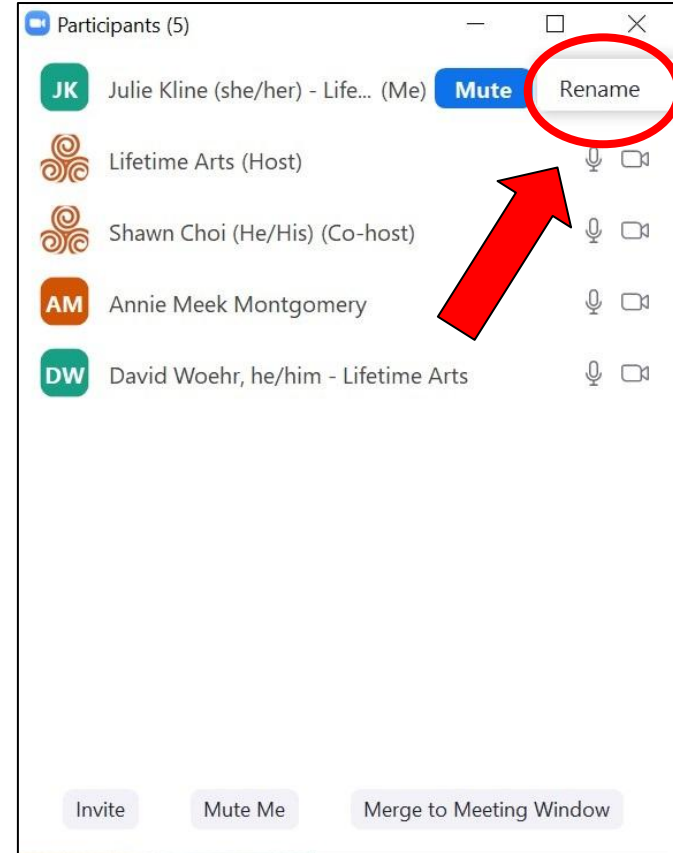
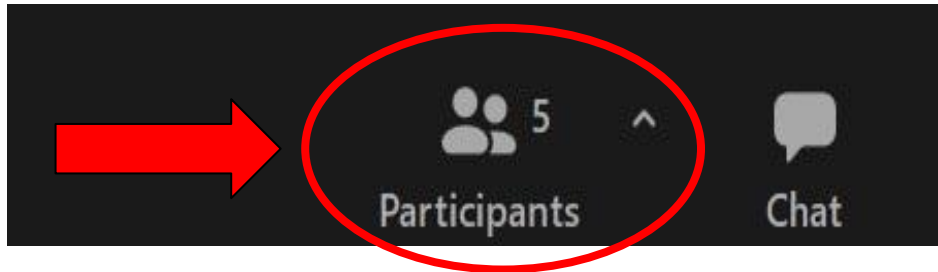
Zoom Protocols

- + Please keep cameras on (if possible)
- + Microphones muted unless called upon to share
- + You can **mute/unmute** and/or **start/stop** your video by clicking the two icons in the bottom left of your screen.



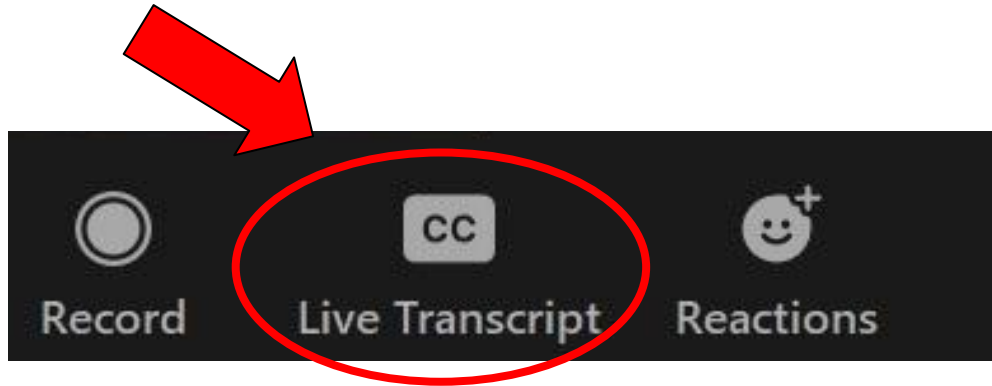
Zoom Protocols

- + To rename yourself, click the “**Participants**” icon at the bottom of your screen.
- + Then, click the “**Rename**” button in the participants tab.



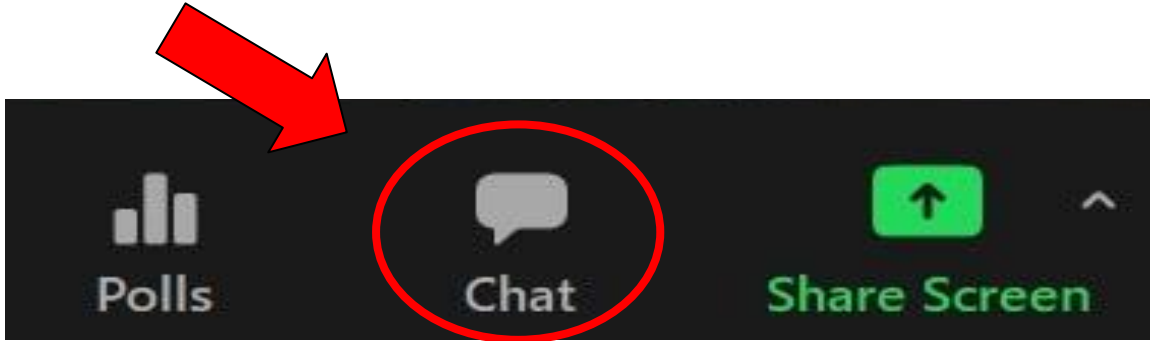
Zoom Protocols

- + Click the “**CC**” button on the toolbar at the bottom of your zoom screen and turn it to show.



Zoom Protocols

- + If you have questions, please click the “**Chat**” icon at the bottom of your screen.



Lifetime Arts Portal

- + Prep Work
- + Training Description
- + Lifetime Arts Staff + Trainer Bios
- + Post-Training Resources
- + Post-Training Evaluation

Indiana Lifelong Arts Cohort: Creative Aging Foundations Training (July 2023)

0% COMPLETE 0/0 Steps

July 10 – 12, 2023 from 9-11am CT

Welcome Teaching Artists! We are thrilled to have this opportunity to work with you as part of Indiana Arts Commissions' creative aging initiative.

We are looking forward to meeting you. We have a lot to cover over the three sessions, so please plan to join each day on time and take notes.

What you need to know:

- Please use the Zoom link below to join all three days of training
- We have specified some light, yet key pre-work for each session
- All presentation decks will be made available for your convenience

JOIN TRAINING VIA ZOOM

Use the DAY 1, 2, 3 buttons below to navigate to each day's session materials:

DAY 1

DAY 2

DAY 3

TRAINING DESCRIPTION | TRAINER BIOS
POST-TRAINING RESOURCES



Community Agreements

- + Be present
- + Limit distractions
- + Take care of yourself
- + Hold space for one another
- + Share only what feels comfortable
- + Sharing will be anonymous

Introductions

Daniela Del Giorno



Lifetime Arts Trainer
Dance Teaching Artist

Clark Jackson



Lifetime Arts Trainer
Performing Arts Teaching Artist

Lifetime Arts

Founded in 2008

A nonprofit arts service organization that offers a positive, modern, artistic and social lens through which to serve, inspire and engage America's growing population of older adults.



Goals and Agenda

Be prepared in all aspects of designing and implementing a creative aging program.

Agenda:

- + Ageism exploration
- + Break
- + Creative aging arts education model
- + Break
- + Older adult learners and S.A.F.E. planning
- + Q&A and wrap-up



Ageism Workshop



Check in With Yourself

What age do you feel like on the inside today?



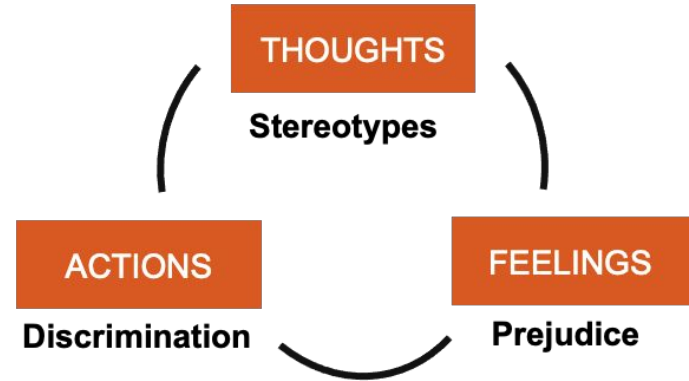
Ageism Defined

Ageism refers to:

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act

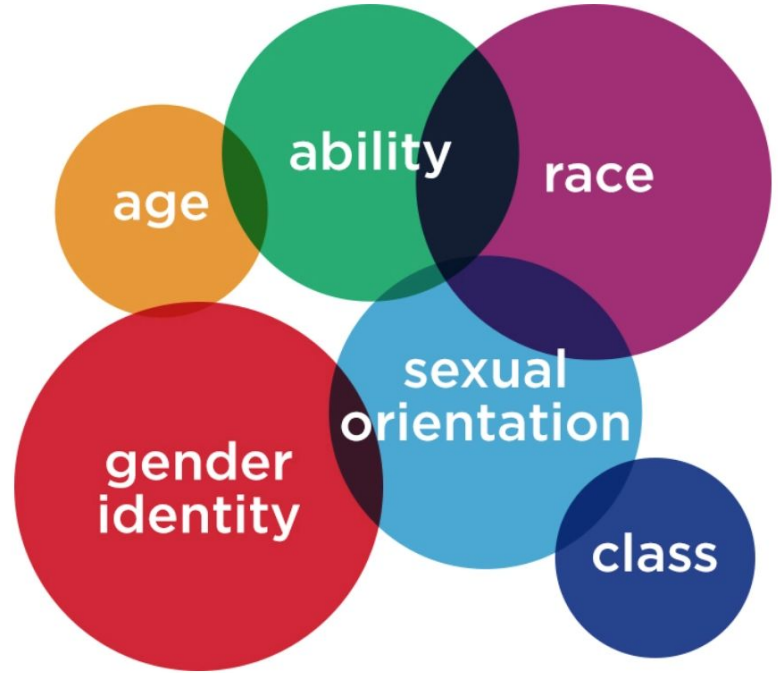


Directed towards people on the basis of age

Intersectionality

“ What happens when we think about how ageism intersects with other forms of disempowerment like racism and patriarchy, and heterosexism? ”

– Kimberlé Crenshaw





Ashton Applewhite

“ It’s ageism, far more than the passage of time, that makes growing older harder for all of us. ”



Breakout Group Discussion Topics

- + What is something new from Ashton's video that you hadn't thought of before?
- + Where have you seen ageism in your life?

Share Out





Break



Lifetime Arts

The Creative Aging Program Model



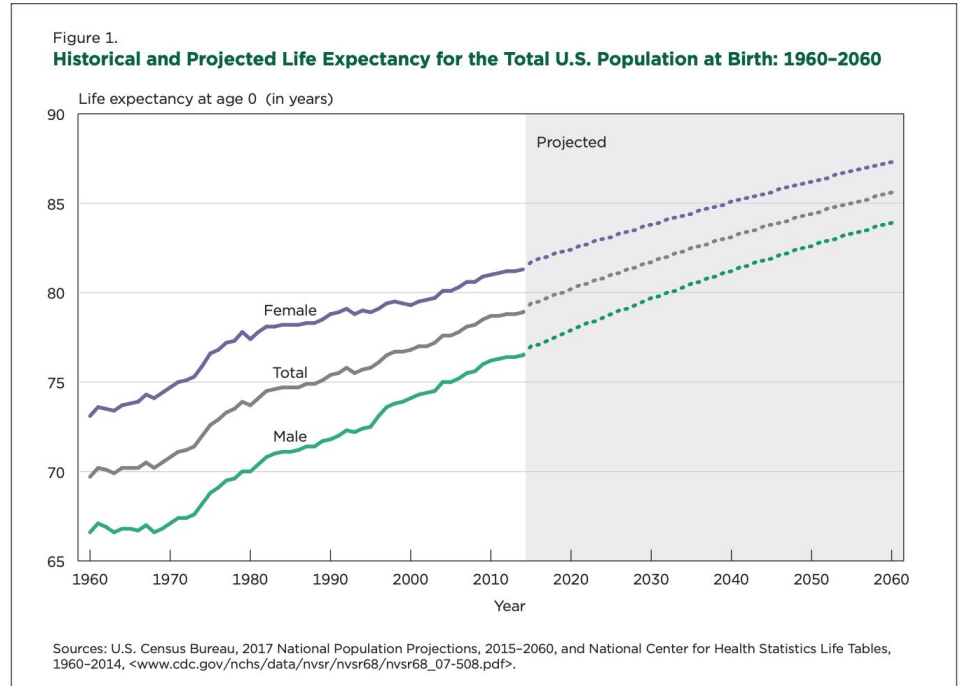
Why is Everybody Talking About Aging?

By the year 2030:

- + 21% of Americans will be aged 55+

By the year 2060:

- + More 60+ adults than adolescents aged 10-24
- + Number of people aged 80+ will **TRIPLE!**



Equity and Older Adults

- + **BIPOC:** Black, Indigenous, and people of color
- + **LGBTQIA+:** Lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual
 - + Anyone whose sexuality is not heterosexual or whose gender identity is not based on a traditional gender binary



What is Creative Aging?

Arts education for older adults.

Using the arts to improve the quality of life for older adults through creative expression and social engagement.

Creative Aging Areas of Practice

Arts Education Programs

- + Goals are:
 - Instructional
 - Sequential skill-building
 - Art creation
- + Participants **self-select** to participate

Therapeutic Programs

- + Goals are:
 - Treatment
 - Recovery
 - Rehabilitation
- + Families, caregivers, and professionals refer older adults to programs

The Creativity and Aging Study

- + Led by 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



(Cohen, 2006)

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



Mastery & Social Engagement

Through these creative aging elements, older adults can **learn something new**—or more in-depth—and **make friends** in the process.

Creative Aging Arts Education Components

A creative aging program:

- + Is an art class (visual, performing, literary or music)
- + Is taught by a professional teaching artist
- + Has at least 8 sessions that are at least 90 minutes in length
- + Includes skill-building and sequential learning
- + Has a planned culminating event

Best Practices in Creative Aging

- + Goal: at least 10 participants in each class
- + Registration required
- + Free or fee-based
- + Participants should be encouraged to come **every week**



20/20/20 Break





Older Adult Learners and S.A.F.E Planning & Practice

What's Different About Adult Learners?

Adults:

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

Natural Physical Changes During Aging

Potential Physical Change	Potential Result
Nervous system slows down	Balance problems & slower reflexes
Muscle & lung tissue changes	Decreased lung efficiency
Sensory losses	Vision & hearing loss
Bone loss	Decreased strength, speed & endurance
More medications	More adverse side effects
Changes in sexual function	The capacity for sexual activity & response is retained well into old age

Social Isolation

- + Can shorten life expectancy by 15 years
- + Increased risk of dementia and other serious medical conditions
- + Increased for immigrants, LGBTQIA+, BIPOC older adults



Social and Emotional Changes

The natural process of aging can cause:

- + Financial worries
- + Loneliness & social isolation
- + The “re-wirement” phase

Universal Design for Learning

Provide multiple means of:

+ **Engagement**

The WHY of learning

+ **Representation**

The WHAT of learning

+ **Action & Expression**

The HOW of learning

S.A.F.E Planning Components

- + **S**kills
- + **A**ssessment
- + **F**eedback
- + **E**ngage Socially

Skills

Schedule classes in a sequence and plan each lesson to ensure that one artmaking skill builds to the next.





Assessment

Continually evaluate each student's progress and tailor instruction to match the expressed needs of each learner.

Feedback

Provide opportunities for students to talk about their work and their artistic process.





Engage

Tie intentional social engagement opportunities to the artmaking.

Lesson Structure

Lesson Components	Skills	Assessment	Feedback	Engage Socially
#1 Warm up/opening		A		E
#2 Skill building	S			
#3 Sharing	S		F	E
#4 Reflection		A		E
#5 Closing		A		E
All Together =	S	A	F	E

Homework

Via the Lifetime Arts Service Portal:

- + Review resources:
 - SAFE Planning Guide
 - Best Practices in Intergenerational Arts Education

Creative Aging Online Demo Classes

Please have the following:

- + Dance
 - A clear, open space
 - A high backed chair nearby
- + Drawing
 - 2-3 sheets of white non lined paper
 - Drawing tool that makes a DARK mark (i.e. Sharpie pen, soft #2 or higher graphite pencil or other)

Research, Resources, & Chat Links

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>

Identity and Intersectionality: More Than the Sum of Our Parts

<https://www.edenalt-evolve.org/courses/identity-and-intersectionality-more-than-the-sum-of-our-parts>

Video: Ashton Applewhite Ted Talk: https://www.youtube.com/watch?v=WfjzkO6_DEI

More information on Older Adults and Equity:

<https://www.giaging.org/issues/diverse-elders/>

[Key Data on Health and Health Care by Race and Ethnicity](#)



Research, Resources, & Chat Links

Video: Creative Aging: The Essentials <https://vimeo.com/502220391>

Cornerstone University's Guide to Andragogy/Lifelong Learning:
<https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragog>

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

The UDL Guidelines: <https://udlguidelines.cast.org/>

Liz Lerman Critical Response Protocol: <https://lizlerman.com/critical-response-process/>

Additional Research Via The Creative Aging Resource:
<https://creativeagingresource.org/resource/?wpv-curatorial-category=research>

Research, Resources, & Chat Links

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>

Espinoza, Robert. (n.d.). *Meeting the needs of elders of color and LGBT elders*. Grantmakers in Aging. Retrieved from <https://www.giaging.org/issues/diverse-elders/>



Media Credits

- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 2)
- + Louisiana State Museum, New Orleans, LA; Photo Credit: Sophia Germer at Nola.com (Slide 3)
- + Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slide 9)
- + Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 11 top left)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 11 top right)
- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 11 bottom)

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- + Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 13)
- + Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 18 & 21)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slides 19 & 41)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 20)
- + Boston Public Library, Boston, MA; Credit: Boston Public Library (Slides 24)

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- + Louisiana State Museum, New Orleans, LA; Credit: Louisiana State Museum (Slide 28)
- + Cuyahoga County Public Libraries, Cuyahoga County, Ohio; Credit: Cuyahoga County Public Library (Slide 31)
- + Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 32)
- + CDC Loneliness and Social Isolation Linked to Serious Health Conditions (Slide 35)

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Media Credits

- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 39)
- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slides 11 & 40)
- + Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 41)
- + Peace 4 the Ages, Minnesota, MN; Credit: Michael Matthew Ferrell (Slide 42)

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