

Day 1

- + Regarding Ashton's stat about nursing homes here is a more recent stat: In 2019, 1.2 million age 65 and older lived in nursing homes. However, the percentage increases with age, ranging from 1% for persons ages 65-74 to 2% for persons ages 75-84 and 8% for persons over age 85. *2020 Profile of Older Americans, U.S. Department of Health and Human Services:*
https://acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/2020ProfileOlderAmericans.Final_.pdf
- + More information on Older Adults and Equity:
<https://www.giaging.org/issues/diverse-elders/>
- + Gene Cohen's Creativity and Aging Study:
<https://www.arts.gov/sites/default/files/NEA-Creativity-and-Aging-Cohen-study.pdf>
- + Cornerstone University's Guide to Andragogy/Lifelong Learning:
<https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragogy>
- + Liz Lerman Critical Response Protocol:
<https://lizlerman.com/critical-response-process/>
- + Accessibility and Universal Design Resource - California State University Northridge:
<https://www.csun.edu/sites/default/files/accessibility-ud-slides.pdf>
- + Stanford Center on Longevity's "New Map of Life":
<https://www.nytimes.com/2021/11/23/business/dealbook/living-longer-lives.html>
- + Video: Creative Aging: The Essentials:
<https://vimeo.com/502220391>
- + Aroha Philanthropies video page and access to their website
<https://www.arohaphilanthropies.org/videos/>
- + Loneliness and Social Isolation as Risk Factors for Mortality:
https://www.researchgate.net/publication/273910450_Loneliness_and_Social_Isolation_as_Risk_Factors_for_Mortality_A_Meta-Analytic_Review
- + CDC Loneliness and Social Isolation Linked to Serious Health Conditions:
<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

- + Best Practices in Intergenerational Arts Education Program Design (PDF): <https://creativeagingportal.org/wp-content/uploads/Intergenerational-Programs-PDF.pdf>

Resources:

- + Cohen, Gene. (2006, April). The Creativity and Aging Study: The Impact of Professionally Conducted Cultural Programs on Older Adults, Final Report. <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>
- + 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/>

Day 2

- + Older Adults Technology Services - now part of AARP: <https://oats.org/>
<https://seniorplanet.org/>
- + Tool for finding low cost broadband: <https://agingconnected.org/>
- + Example of phone dance programs for older adults: <http://www.dvpng.org/phone-classes/>
- + Kuntzmatrix
<https://artspaces.kuntzmatrix.com/en/exhibition/6719307/la-vida-es-un-arte-55-2021>
- + MCA offers DIY postcard course for older adults: https://www.winonapost.com/news/mca-offers-diy-postcard-course-for-older-adults/article_53f69919-8bdc-5663-8ddb-b83534959cae.html

Day 3

- + **Statistics from the Institute on Aging:** Sixty-five percent of older adults with long-term care needs rely exclusively on family and friends to provide assistance. (Another 30 percent supplement family care with paid assistance.) Care provided by family and friends can determine whether an older person can remain at home. In fact, 50 percent of the elderly who have a long-term care need however, have no family available to care for them are in nursing homes, while only 7 percent who have a family caregiver are in institutional settings. As of 2011, some 43.5 million adult family caregivers were taking care of someone 50+ years of age. Of these, 14.9 million were caring for someone with dementia. As more people live long enough to experience multiple health issues and dependency, more relatives will be facing this responsibility. In one Gallup survey, 55 percent of caregivers reported providing care for three years or more.
Source: <https://www.ioaging.org/aging-in-america>
- + Teaching Artists Guild Website:
<https://teachingartists.com/pay-rate-calculator/>

Stay Connected to Lifetime Arts:

Websites:

- + <http://www.lifetimearts.org>
- + <http://www.creativeagingresource.org>

Social Media:

- + Twitter: <https://twitter.com/lifetimearts?lang=en>
- + Instagram: https://www.instagram.com/lifetime_arts/
- + Facebook: <https://www.facebook.com/lifetimearts>

Resources:

Zickuhr, Kathryn. (2013, September 25). Main Report. Retrieved from <https://www.pewresearch.org/internet/2013/09/25/main-report-2/>