

## 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](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/>
- + Video: Creative Aging: The Essentials: <https://vimeo.com/502220391>
- + Aroha Philanthropies video page: <https://www.arohaphilanthropies.org/videos/>
- + 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](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

- + Interesting stat from the Pew Research Center: Around 73% of older adults 65 and up use the internet, and the number is growing. But this demographic skews to the younger, more affluent end of the spectrum. There are of course also major systematic barriers to tech accessibility - broadband, lack of equipment, affordability of devices, etc. But the Pew study also revealed that older adults often feel intimidated by technology and really benefit from help from others to get online. <https://www.pewresearch.org/fact-tank/2021/04/02/7-of-americans-dont-use-the-internet-who-are-they/>
- + 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.kunstmatrix.com/en/exhibition/6719307/la-vida-es-un-arte-55-2021>

### Resources shared in Caitlin's Dance Demo Class:

- + Understanding the five elements of dance:  
<https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/do-you-wanna-dance/>
- + The Kennedy Center Digital Resource Library:  
<https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/>

### 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 & Pay Rate Calculator:  
<https://teachingartists.com/pay-rate-calculator/>  
<https://teachingartists.com/>

## 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/](https://www.instagram.com/lifetime_arts/)
- + Facebook: <https://www.facebook.com/lifetimearts>