
Welcome Nebraska 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



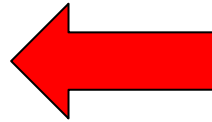
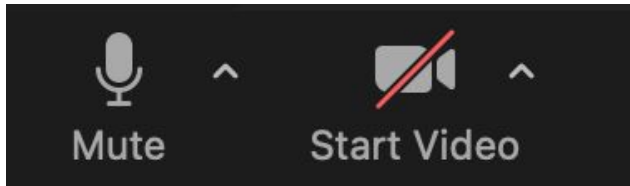
Creative Aging Foundations for Teaching Artists

Nebraska Arts Council

Day One: November 28, 2023

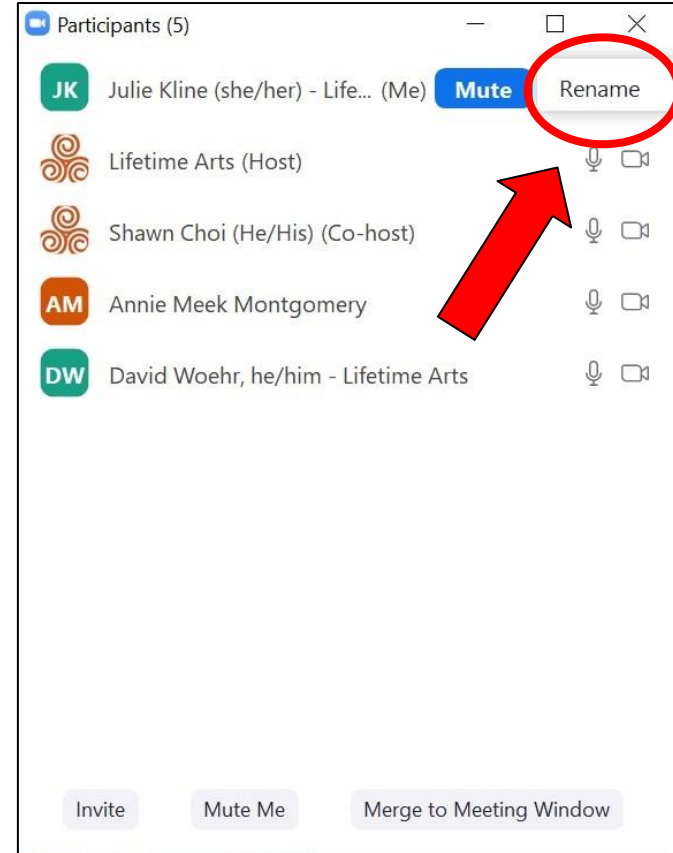
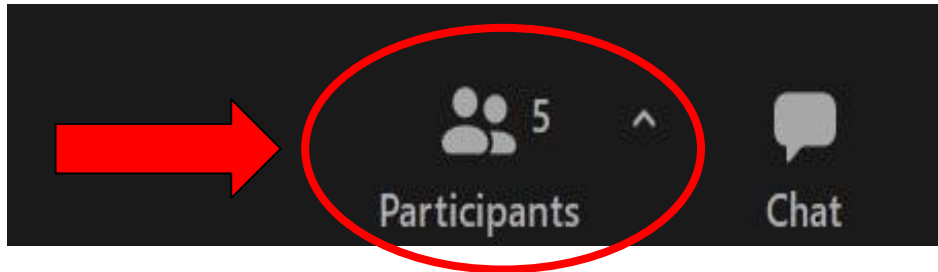
Zoom Protocols

- + 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.



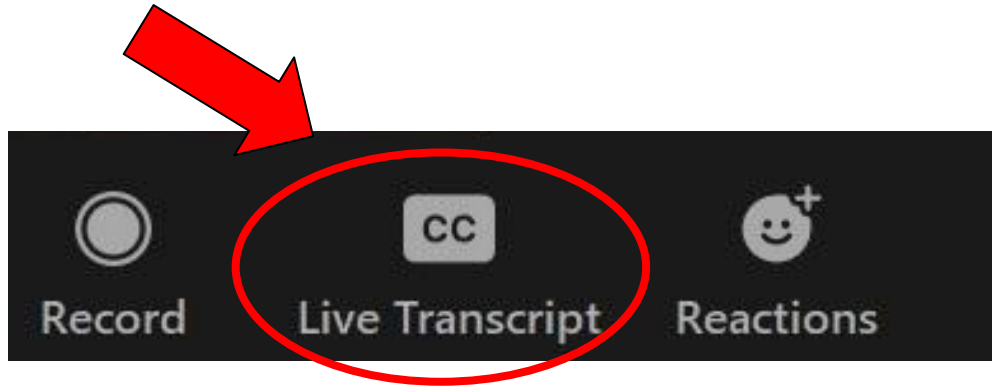
Zoom Protocols

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



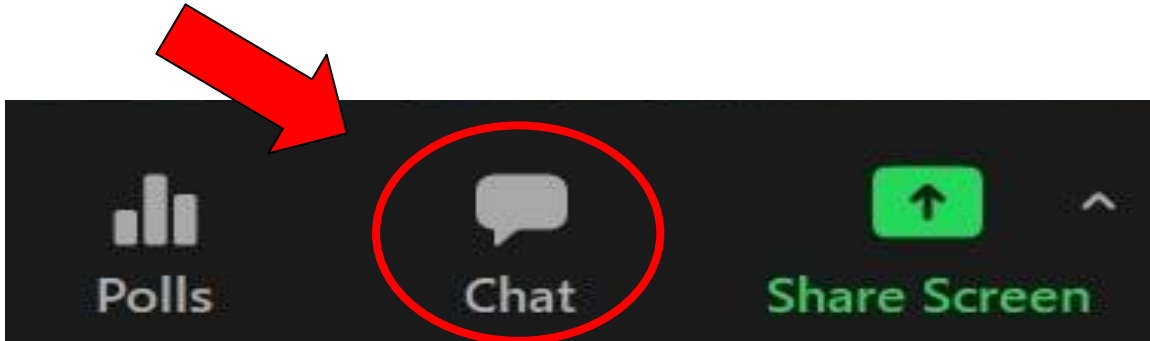
Zoom Protocols

- + 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
- + Curriculum Coaching Information
- + Post-Training Resources
- + Post-Training Evaluation

Creative Aging Foundations Training

0% COMPLETE 0/0 Steps

10am-12pm EST

Welcome! We are thrilled to have this opportunity to work with you. 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](#)

Introductions

Daniela Del Giorno



Lifetime Arts Trainer
Dance Teaching Artist

Clark Jackson



Lifetime Arts Trainer
Performing Arts Teaching Artist



Community Agreements

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

Nebraska Arts Council



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
- + Group discussions
- + Break
- + Creative aging arts education model
- + Older adult learners
- + Q&A and wrap-up



Ageism Workshop



Check in With Yourself

What age do you feel like on the inside today?





Ageism Entry Discussion

Write into the chat any ageist things you've heard or said



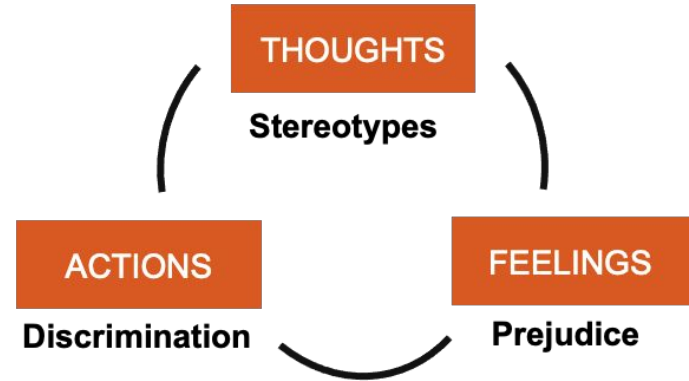
Ageism Defined

Ageism refers to:

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act

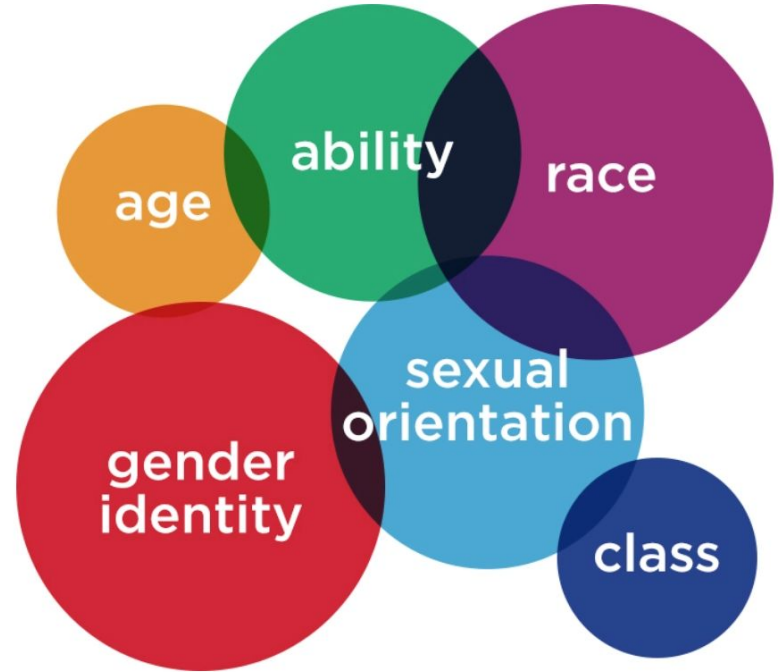


Directed towards people on the basis of age

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



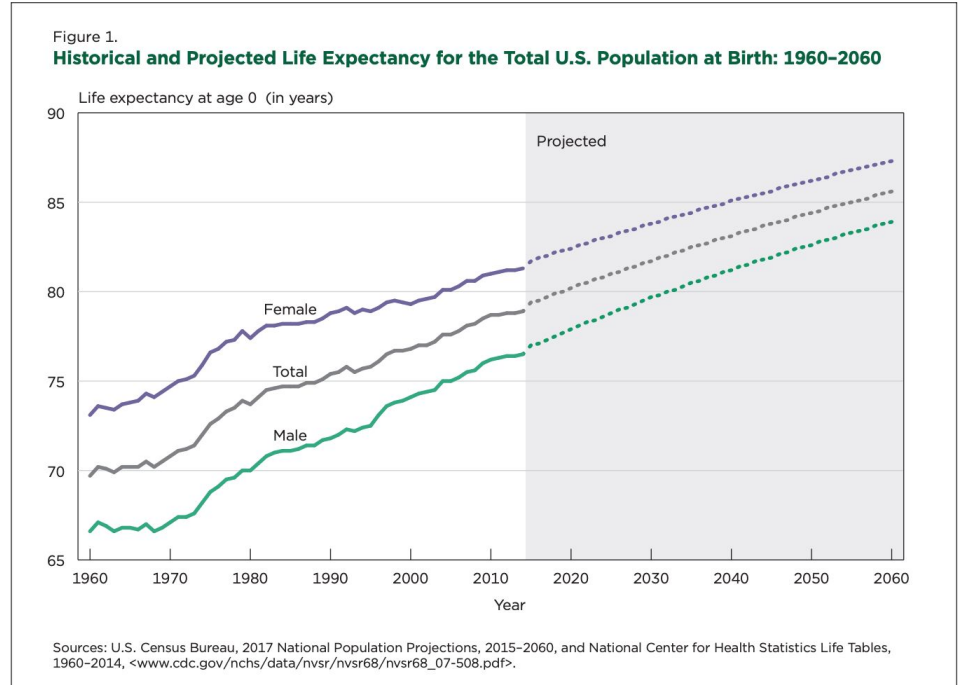
Why is Everybody Talking About Aging?

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

Persons identifying as BIPOC and/or LGBTQIA+ constitute a significant and rapidly growing portion of the older adult population in the U.S.

- + **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

Terminology

Using the term “older adults” to describe 55+

- + More inclusive terminology vs. “seniors” or “elderly”
- + Terminology can be culturally specific
- + Check in with your community on how they would like to be identified



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

Accessibility/Universal Design Tips

- + ADA Accessible spaces
- + Accessible material design
- + Language/Translation
- + Multiple means of communication - i.e. write and say instructions
- + Auditory support

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

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

Q&A Session



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

- Space to move

+ Drawing

- 2-3 sheets of white non-lined paper.
- Sharpie pen, soft #2 or higher graphite pencil or other drawing tool that makes a DARK mark we can see on screen

Resources & Supporting Research

World Health Organization. (2021). 2021 Global Report on Ageism. Retrieved from: <https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combating-ageism/global-report-on-ageism>

Learn more about **intersectionality** through this free online course: [Identity and Intersectionality: More Than the Sum of Our Parts](#)

U.S. Department of Health and Human Services. (2020). 2020 Profile of Older Americans. Retrieved from: https://acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/2020ProfileOlderAmericans.Final_.pdf

U.S. Census Bureau. (2020). 2020 National Population Projections Tables: Main Series. Retrieved from <https://www.census.gov/content/dam/Census/library/publications/2020/demo/p25-1145.pdf>

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The Kaiser Family Foundation. (2023, March). Key Data on Health and Healthcare by Race and Ethnicity

Retrieved from <https://www.kff.org/racial-equity-and-health-policy/>

AARP. (2021). Building Equity in Longevity. Retrieved from <https://www.aarpinternational.org/>

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/>

Centers for Disease Control and Prevention (2021, April). Loneliness and Social Isolation Linked to Serious Health Conditions. Retrieved from <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>



Resources & Supporting Research

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/>

E.A. Michelson Philanthropy. (2021). Creative Aging: The Essentials (Video). Retrieved from <https://vimeo.com/502220391>

Cornerstone University. (2017, May). A Simple, Easy to Understand Guide to Andragogy. Retrieved from <https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragogy/>

Universal Design Center. Accessibility & Universal Design (PPT) Retrieved from <https://www.csun.edu/sites/default/files/accessibility-ud-slides.pdf>



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- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 12 bottom)

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- + Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 18 & 21)
- + Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 14)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slides 19 & 40)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 20)
- + Spring Creek Senior Partners, Brooklyn, NY; Credit: Jeremy Amar (Slide 23)
- + Boston Public Library, Boston, MA; Credit: Boston Public Library (Slides 24)

Media Credits

- + 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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- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slides 11 & 39)
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