
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 Training for Teaching Artists

Nebraska Arts Council

Day One: Monday, October 3, 2022

You are viewing Antonia-Lifetime ...'s screen



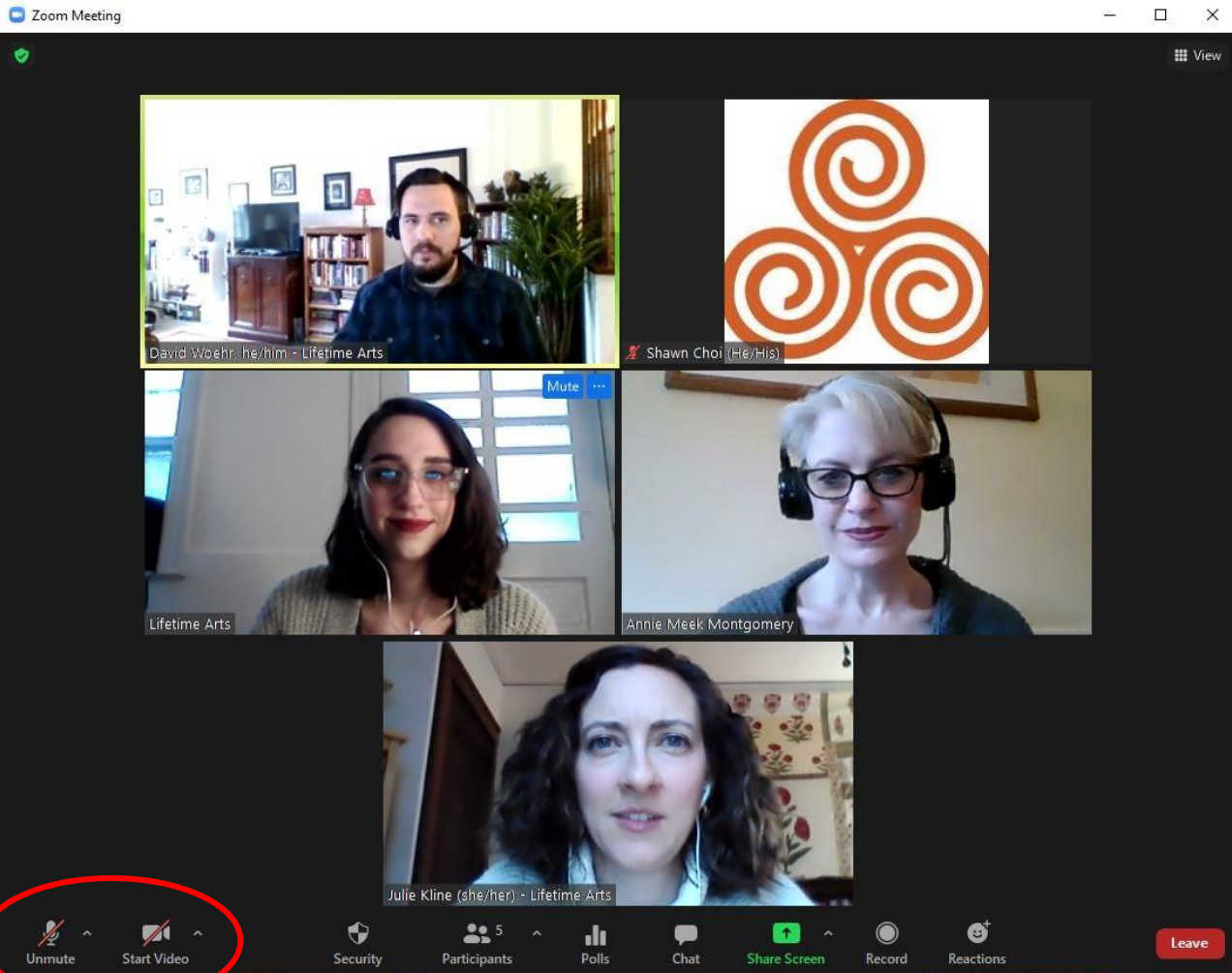
View Options ▾



Mastery & Social En

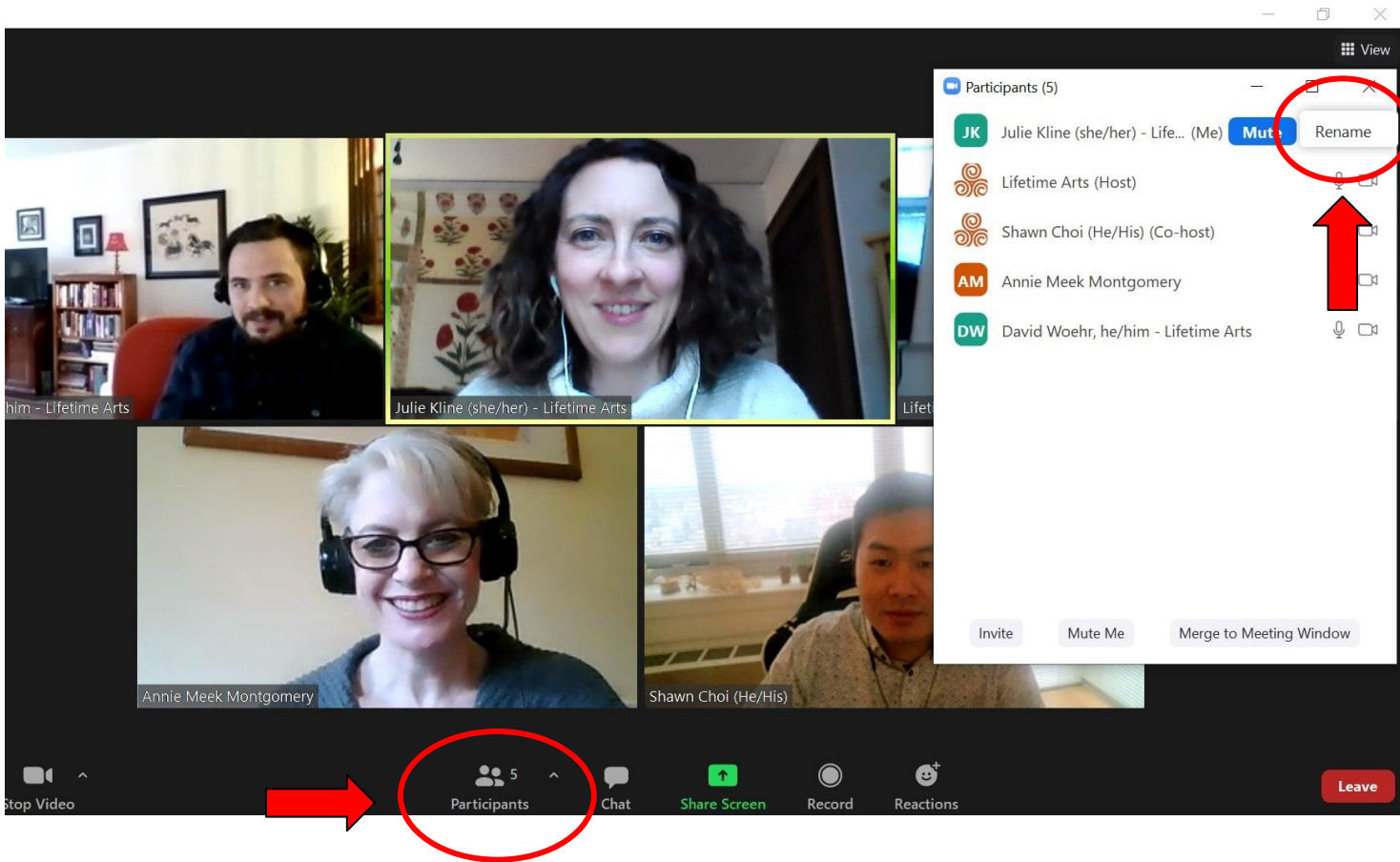
Through these creative aging
adults can learn something ne
in-depth—and make friends in





You can **mute/unmute** and/or **start/stop** your video by clicking the two icons in the bottom left of your screen.





Then, click the “**Rename**” button in the participants tab.

To rename yourself, click the “**Participants**” icon at the bottom of your screen.

The image shows a Zoom meeting interface with three video thumbnails. The top-left thumbnail shows a woman with glasses and a headset, identified as Gahlia (she/her) Lifetime Arts. The top-right thumbnail shows a woman with glasses and curly hair, identified as Julie (she/her) Lifetime Arts. The bottom-center thumbnail shows a woman with glasses and a white top, identified as Annie (she/her) Lifetime Arts. A subtitle is visible over Annie's video: "Okay, now that didn't it didn't show up the thing so let's try it again." The bottom toolbar contains several icons: Mute, Stop Video, Security, Participants (3), Polls, Chat, Share Screen, Record, Live Transcript (highlighted with a red circle and a red arrow), Breakout Rooms, Reactions, and a red Leave button. The top right corner has a View button.

Click the “**CC**” button above for live transcripts.



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

Lifetime Arts Portal

Access Creative Aging Training, Coaching, & Consulting Services

Training for Nebraska Teaching Artists 2022



October 3, 4, & 6, 2022 from 5-7pm MT / 6-8pm CT

Welcome Teaching Artists. We are thrilled to have this opportunity to work with you as part of the Nebraska Art Councils' "**Creative Aging through the Arts**" initiative made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy.

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](#)

[DAY 1](#)

[DAY 2](#)

[DAY 3](#)

[TRAINING DESCRIPTION](#) | [TRAINER BIOS](#) | [PARTICIPATION GUIDELINES](#)
[COMMUNITY AGREEMENTS](#)
[POST-TRAINING RESOURCES](#) | [EVALUATION SURVEY](#) | [PARTICIPATING ON ZOOM](#)



Community Agreements

- + Be present
- + Limit distractions in your learning space
- + Take care of yourself
- + Hold space for one another
- + Share only what you feel comfortable sharing
- + Sharing will be anonymous

Introductions



Daniela Del Giorno
Lifetime Arts Trainer



Clark Jackson
Lifetime Arts Trainer

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?



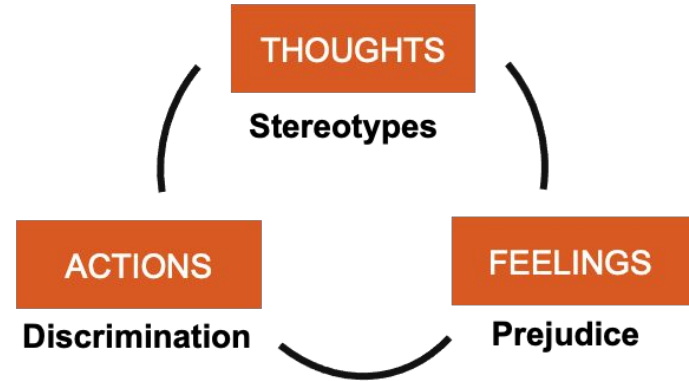
Ageism Defined

Ageism refers to:

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act



Directed towards people on the basis of age



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:

- + 71.5 million or 20% of the U.S. population will be aged 65+
- + Number of people aged 85+ will **DOUBLE**

(U.S. Census Bureau, 2017)



Equity and Older Adults

- + In 2010, people of color made up 20 percent of the nation's total 65+ population
 - This percent will **double** by 2050

(Espinoza, n.d.)



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

- + The goal is to have at least 10 participants in each class
- + Registration is required
- + Class can be 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:

- + Are autonomous and self directed
- + Have a lifetime of experience and knowledge
- + Are goal-oriented
- + Are practical — they want information

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

Problem: Social Isolation

- + Can shorten a person's life expectancy by 15 years
- + Associated with about a 50% increased risk of dementia and other serious medical conditions
- + Higher rates of mental health issues
- + Increased for immigrants, LGBTQIA+, BIPOC older adults



Social and Emotional Changes

The natural process of aging can cause:

- + Financial worries
- + Loneliness and social isolation
- + The “re-wirement” phase—a time where older adults rethink their hobbies and interests

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 process and progress and tailor instruction to match the expressed needs of each learner.

Feedback

Provide opportunities for students to talk about their work and the process of the artmaking and learning.





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



Intergenerational Programming

- + Generate community
- + Promote shared learning and creating
- + Provide equal accessibility
- + Combat ageism in both directions

Q&A Session



Homework

Via the Lifetime Arts Service Portal:

- + Review the resources below:
 - SAFE Planning Design Elements for Creative Aging Programs Guide
 - Adapting Creative Aging Course Design for Remote Delivery Guide
 - Best Practices in Intergenerational Arts Education Program Design
- + Watch E.A. Michelson Philanthropy's Film: "Creative Aging: In-Person to Online"
- + Browse our *Connect Through Creativity Now* Campaign Blog Posts

Creative Aging Online Demo Classes

Please have the following:

+ Collage

- printer paper, scrap paper —discarded junk mail, old wrapping paper, colored paper, newspaper and magazines
- Pencil, scissors, glue— can be a glue stick or Elmer's glue

+ Photography

- Either a physical photo or digital photo (on your phone or computer)



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/>

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>

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

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

E.A. Michelson Philanthropy has many other videos open for use in promoting creative aging:

<https://eamichelsonphilanthropy.org/vitality-arts/videos/>

Cornerstone University's Guide to Andragogy/Lifelong Learning:

<https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragog>



Resources & Chat Links

Universal Design for Learning from California State University at Northridge:

<https://www.csun.edu/sites/default/files/accessibility-ud-slides.pdf>

CDC Loneliness and Social Isolation Linked to Serious Health Conditions:

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

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

Best Practices in Intergenerational Arts Education Program Design (PDF):

<https://creativeagingportal.org/wp-content/uploads/Intergenerational-Programs-PDF-1.pdf>

Lifetime Arts Portal: <https://creativeagingportal.org/>

For support accessing the portal please email support@lifetimearts.org



Media Credits

- + Louisiana State Museum, New Orleans, LA; Photo Credit: Sophia Germer at Nola.com (Slide 2)
- + Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slide 9)
- + John Michael Kohler Arts Center, Sheboygan, WI; Credit: Claire Carlson (Slide 11)
- + Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 12 top left)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 12 top right)
- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 12 bottom)

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Media Credits

- + 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)

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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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Media Credits

- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 38)
- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slides 11 & 39)
- + 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 43)
- + Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 44)

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