

# Nebraska Creative Aging Teaching Artist Training

## *Nebraska Arts Council*

### **Welcome!**

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

1. Name
2. Artform(s)
3. Location
4. Something beautiful you can see out your window or in your space

**Also, please have a paper or notebook and pen available.**

# Planning

You are viewing David Woehr, he/him - Lifetime Arts screen

View Options

- Zoom Ratio Fit to Window >
- Hide Video Panel
- Request Remote Control
- Annotate
- Exit Full Screen
- Side-by-side mode
- Stop Participant's Sharing

S

**Skills**

A

**Assessment**

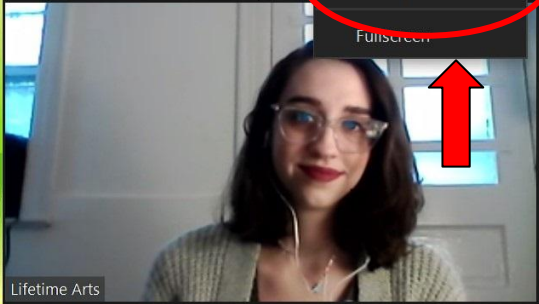
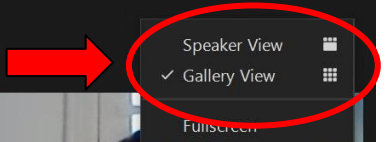
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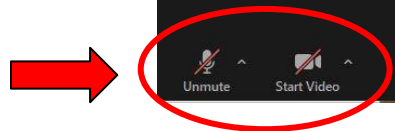
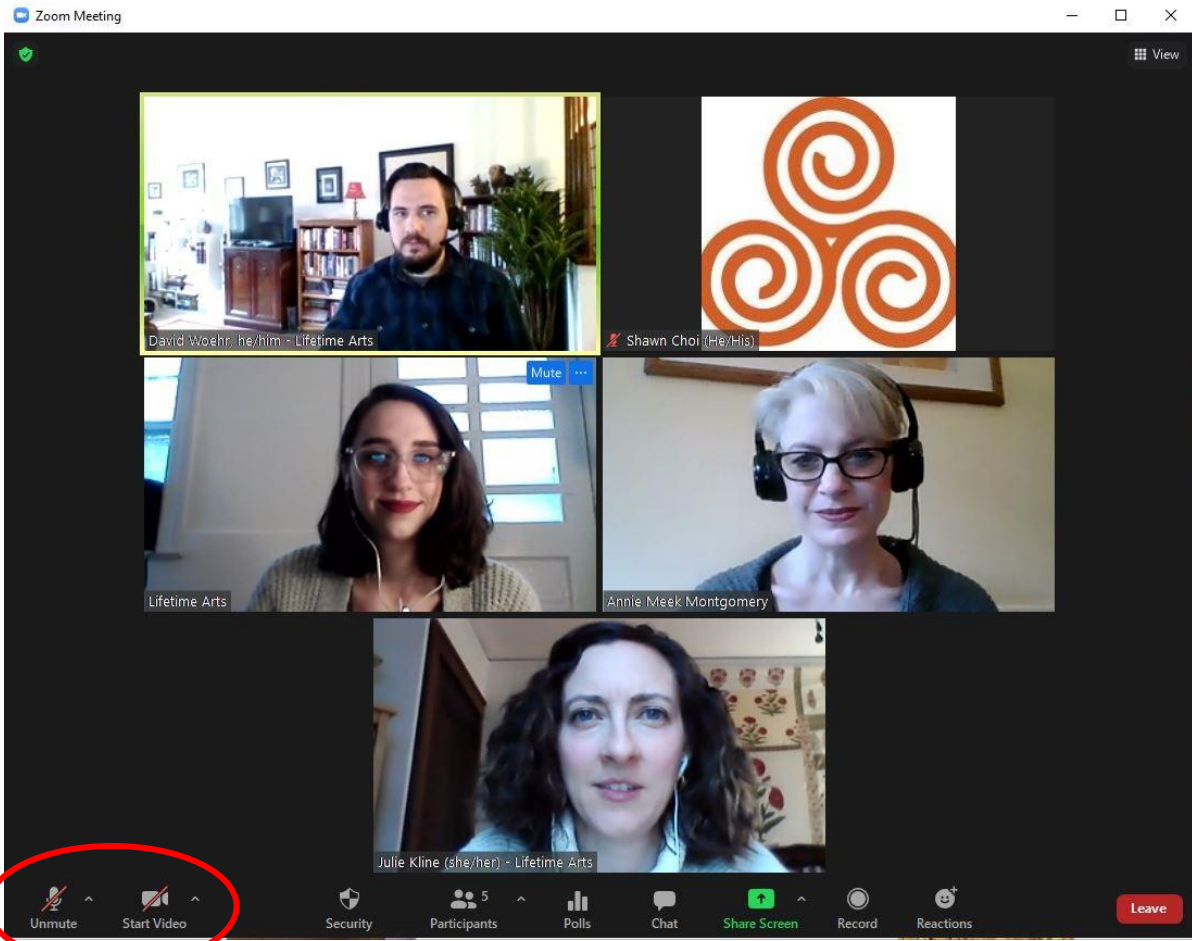
**Feedback**

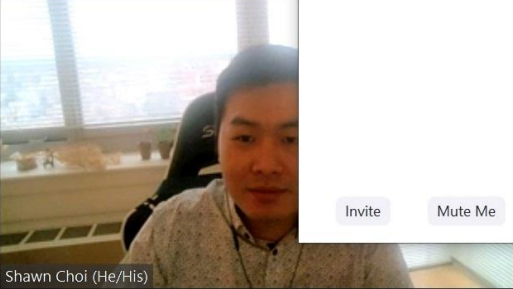
E

**Engage Socially**







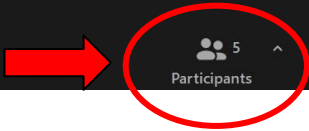


Participants (5)

- JK** Julie Kline (she/her) - Life... (Me) **Mute** **Rename**
- Lifetime Arts (Host)
- Shawn Choi (He/His) (Co-host)
- AM** Annie Meek Montgomery
- DW** David Woehr, he/him - Lifetime Arts

Buttons: Invite, Mute Me, Merge to Meeting Window

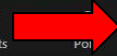
**Rename**

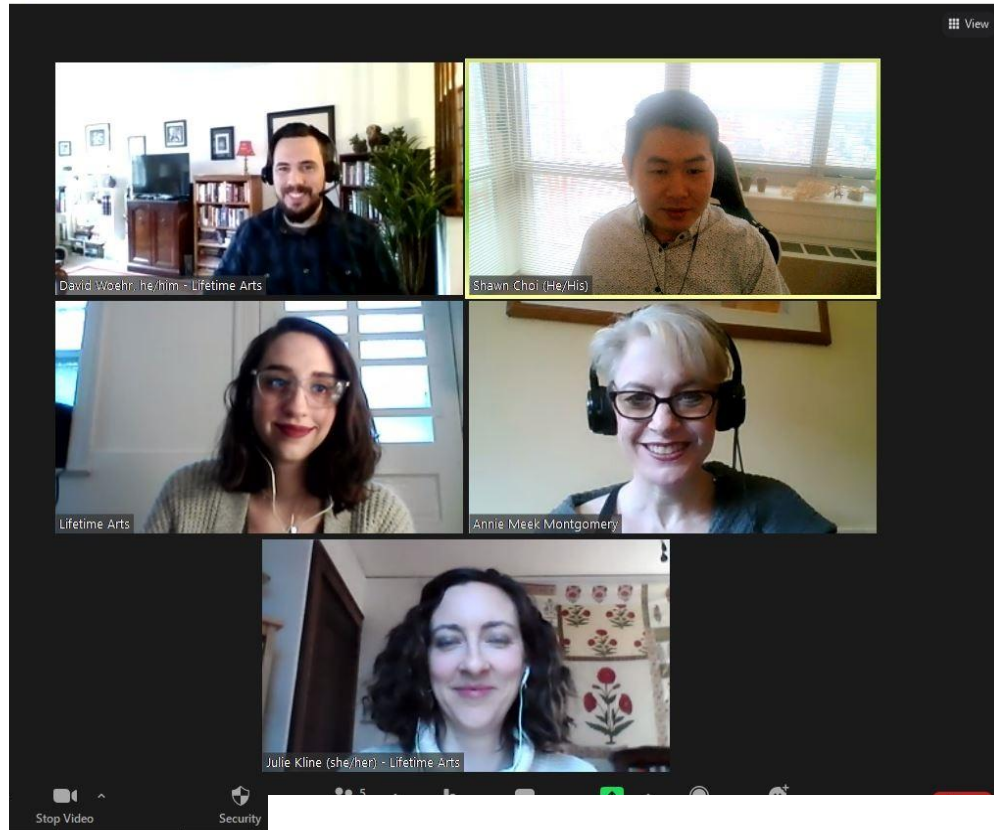


Zoom Meeting toolbar: Mute, Stop Video, Participants (5), Chat, Share Screen, Record, Reactions, Leave



Unmute Start Video Security Participants 5 Chat Share Screen Record Reactions Leave





you can do so by opening the chat box and clicki





Mute Stop Video Security Participants 3 Polls Chat Share Screen Record **CC** Live Transcript Breakout Rooms Reactions Leave



# Day One: Ageism & Creative Aging Program Models

**Monday, May 24, 2021**



**Annie Montgomery**  
Director of Education



**Sarah Jacobus**  
Lifetime Arts Trainer

# Goals and Agenda

**Training goal:** Be prepared in all aspects of designing and implementing a creative aging program!

1. Exploring ageism
2. Break
3. Creative aging arts education model
4. Break
5. Older adult learners and S.A.F.E. planning
6. Q&A and wrap-up

# Ageism Workshop

# Creative Aging Teaching Artist Training

Check in with yourself...

**What age do you feel like on the inside today?**

# Ageism Defined

## **From the Merriam Webster Dictionary:**

“Prejudice or discrimination against a particular age-group and especially the elderly.”

# Ashton Applewhite



- Author of “This Chair Rocks: A Manifesto Against Ageism”
- Spokesperson for a movement to mobilize against discrimination on the basis of age
- PBS Next Avenue Influencer of the Year in 2016

# Break-Out Group Discussions

# Share Out



**Break!**

# Creative Aging Program Model



Credit: Walnut Creek Wetland Center, Raleigh, NC

# Why is Everybody Talking About Aging?

## By the year 2030:

- 71.5 million or 21% of the US population will be aged 65+
- Number of people aged 85+ will **DOUBLE**



# Equity and Older Adults



Diana H. Jones Innovative Senior Center, Brooklyn, NY  
Credit: Julia Xanthos Liddy for the New York Community Trust

# What is Creative Aging?

Creative aging is using the **arts** to improve the quality of life for older adults through **creative expression** and **social engagement**.

# Arts Education for Older Adults

- **Therapeutic Programs**
  - Goals: wellness, recovery, and rehabilitation
- **Arts Education Programs**
  - Goals: instructional, skill-building, and art creation
  - Attributes:
    - Sequential classes—not drop-in programming
    - Taught by a professional teaching artist
    - Registration based—free or fee-based

# The Creativity & Aging Study

- Led by Dr. Gene Cohen at George Washington University in 2006
- Took place over 3 years
- Conducted in NYC (Brooklyn), Los Angeles & Washington, DC
- Age range: 65-103
  - **Control group** - participated in usual activities
  - **Intervention group** - participated in professionally conducted arts programs



Dr. Gene Cohen

(Cohen, 2006)

# The Creativity & Aging Study

## Results:

- Less medication
- Fewer doctor visits
- Elevated mood
- More independent functioning
- Less depression, loneliness
- More activities

(Cohen, 2006)



# Mastery & Social Engagement



Credit: Jeremy Amar for The New York Community Trust  
Hope of Israel Neighborhood Senior Center, Bronx, NY

# Creative Aging Arts Ed Model 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
  - Skill-building and sequential learning
- Has a planned culminating event

# Best Practices in Creative Aging

- At least 10 participants
- Registration is required
- Free or fee-based
- The goal is to come **EVERY WEEK!**

# 20/20/20 Break

# SAFE Planning & Practice

# What's Different About Adult Learners?

## **Older 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!

# Social and Emotional Changes

- Financial worries
- Re-wirement phase
- Living with loss



# S.A.F.E Planning



# S.A.F.E. Planning

## **Skills**

- Schedule classes in a sequence
- Plan lessons to ensure that one artmaking skill builds to the next
- Make each lesson as experiential as possible

## **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

# Facilitation Tips

- No lecturing
- Participate in their learning
- Work in partnership with teacher
- Practice new skills
- Talk about their work and process

# S.A.F.E Planning—Remote Formats

1. What are some ways that skill building and the practice of those **skills** happen in a remote creative aging program?
2. How can you make sure that you are **assessing** your students and meeting their learning needs?
3. How can you as the teaching artist facilitate opportunities for **feedback**?
4. How can you support **social engagement** in your creative aging program?

# Remote Programming Adaptation



Credit: John LeoNimm (top right), Clown & Comedy Zoom Class  
Brooklyn Arts Council/JCC, Coney Island, NY

# Intergenerational & Multigenerational Programming

## “Peace 4 the Ages” Intergenerational Program



Credit: Michael Matthew Ferrell, Alive & Kickin, Minnesota, MN

# Intergenerational & Multigenerational Programming

**Multigenerational** – Combined age groups

**Intergenerational** – Younger/older

**Both types of programming should always:**

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



# Q&A

## Homework via Lifetime Arts Service Portal:

1. Review:
  - a. Adapting Creative Aging Course Design for Remote Delivery Guide (PDF)
  - b. SAFE Planning Design Elements for Creative Aging Programs Guide (PDF)
2. Watch Aroha's Film: "Creative Aging: In-Person to Online"
3. Browse our Connect Through Creativity Now Campaign Blog Posts

# Creative Aging Online Demo Classes

## Demo classes:

- Couple sheets of blank paper
- Writing utensil (pen or paper)

# References List

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>