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## Welcome Ohio Organizations!

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

- + Name
- + Organization
- + Location
- + Something beautiful you can see out your window or in your space

*Please have paper or a notebook and pen available*



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## Creative Aging Training For Program Host Organizations

**Ohio Arts Council**

**Day One:** Monday, January 24, 2022

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



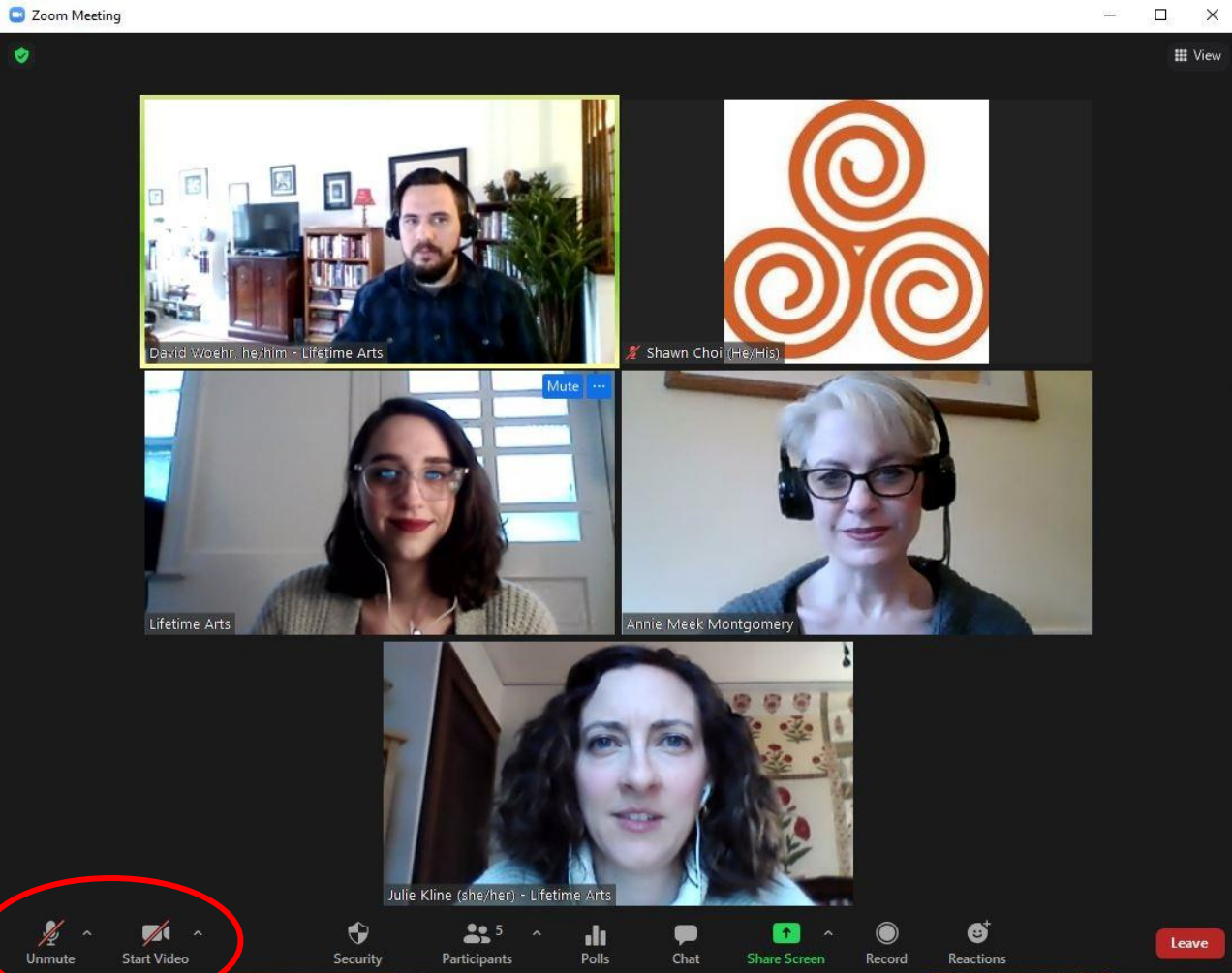
View Options ▾



## Mastery & Social En

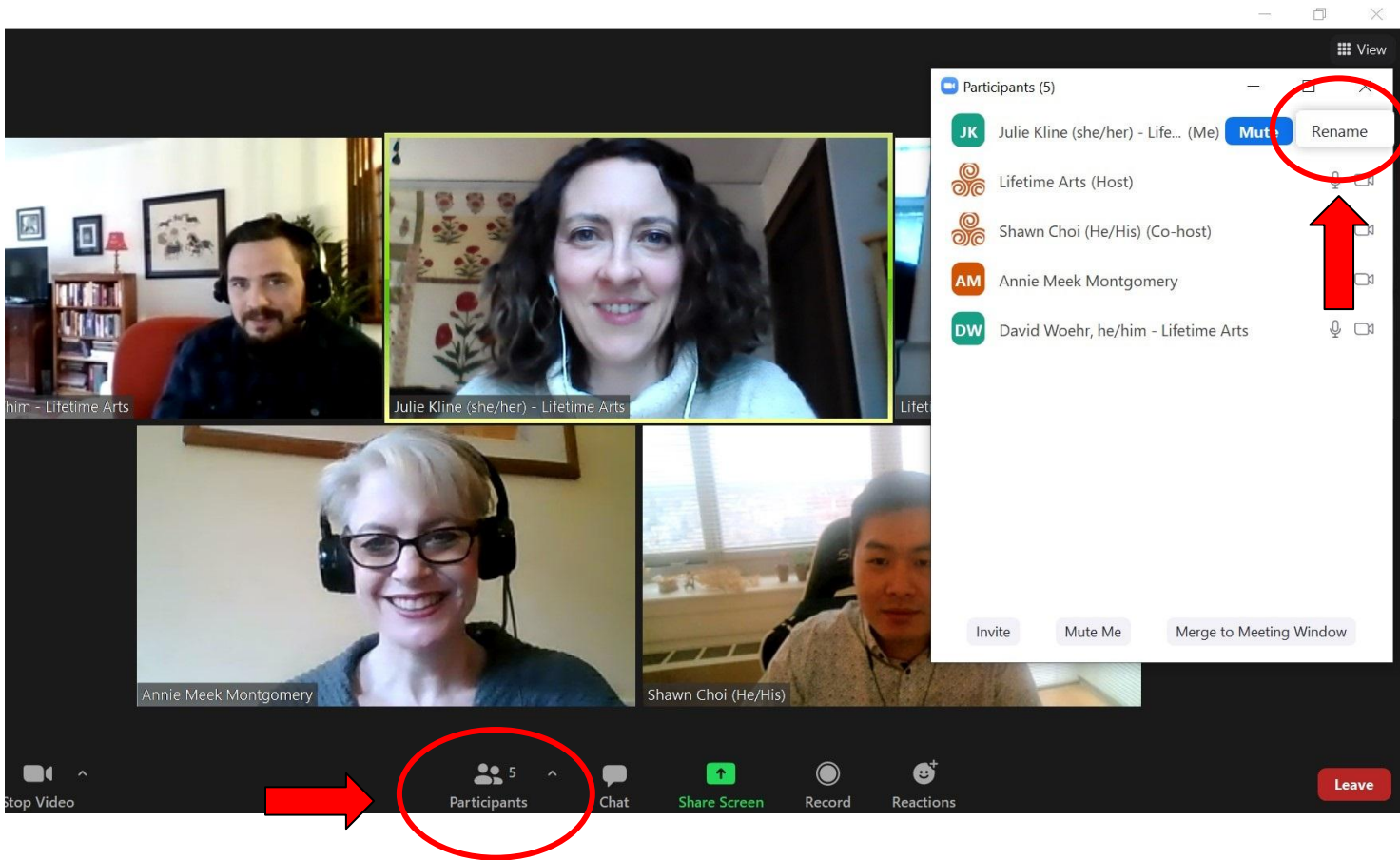
Through these creative aging  
adults can learn something ne  
in-depth—and make friends in





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 participants in a gallery view. The top-left participant is Gahlia (she/her) Lifetime Arts, wearing a headset and glasses. The top-right participant is Julie (she/her) Lifetime Arts, wearing glasses. The bottom-center participant is Annie (she/her) Lifetime Arts, wearing glasses and a white lab coat. A subtitle for Annie reads: "Okay, now that didn't it didn't show up the thing so let's try it again." The bottom toolbar contains icons for 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. A "View" button is in the top right corner.

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

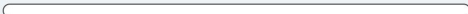


If you have questions, please click the “**Chat**” icon at the bottom of your screen.

# Lifetime Arts Portal

Access Creative Aging Training, Coaching, & Consulting Services

## Training for Ohio Libraries and Senior Serving Organizations

 0% COMPLETE 0/0 Steps

**January 24 – January 26, 2022 from 10am – 12pm EST**

Welcome Ohio Libraries and Senior Serving Organizations. We are thrilled to have this opportunity to work with you as part of the Ohio Art Council's **Intensive Creative Aging Training Initiative** made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies.

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.

### 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](#)





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## 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

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## Introductions



**Annie Montgomery**  
Director of Education



**Asma Feyijinmi**  
Lifetime Arts Trainer

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# Ohio Arts Council



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# 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.



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## 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



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## Ageism Workshop



## Check in With Yourself

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



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## Ageism Defined

### **From the Merriam-Webster dictionary:**

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





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## 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



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## 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?

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# Share Out





**Break**



Lifetime Arts

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## The Creative Aging Program Model



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## 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)



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## 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.)



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## 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.



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## Creative Aging Areas of Practice

### Arts Education Programs

- + Goals are:
  - Instructional
  - Sequential skill-building
  - Art creation
- + Participants **self-select** to participate

### Therapeutic Programs

- + Goals include:
  - Wellness
  - Recovery
  - Rehabilitation

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## 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), Los Angeles & Washington, DC
- + Age range: 65-103 years old
  - **Control group**—participated in usual activities
  - **Intervention group**—participated in professionally conducted arts programs



(Cohen, 2006)

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## The Creativity and Aging Study

### Results:

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



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## Mastery & Social Engagement

Through these creative aging elements, older adults can **learn something new**—or more in-depth—and **make friends** in the process.

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## 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

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## 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**

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## Adaptations for Remote Delivery

### + **Number of sessions**

- In-person: 8 sessions
- Virtual: 4-6 synchronous sessions

### + **Session duration**

- In-person: 90 minutes
- Virtual: 45-65 minutes

### + **Class size**

- In-person: 10 people minimum
- Virtual: Manageable teacher-to-student ratio



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## The Culminating Event

- + Honors the work of the participants
- + Has a clear vision
- + Is appropriate & participant driven
- + Encourages visibility & voice
- + Builds opportunity for social engagement with larger community
- + Encourages sustainability



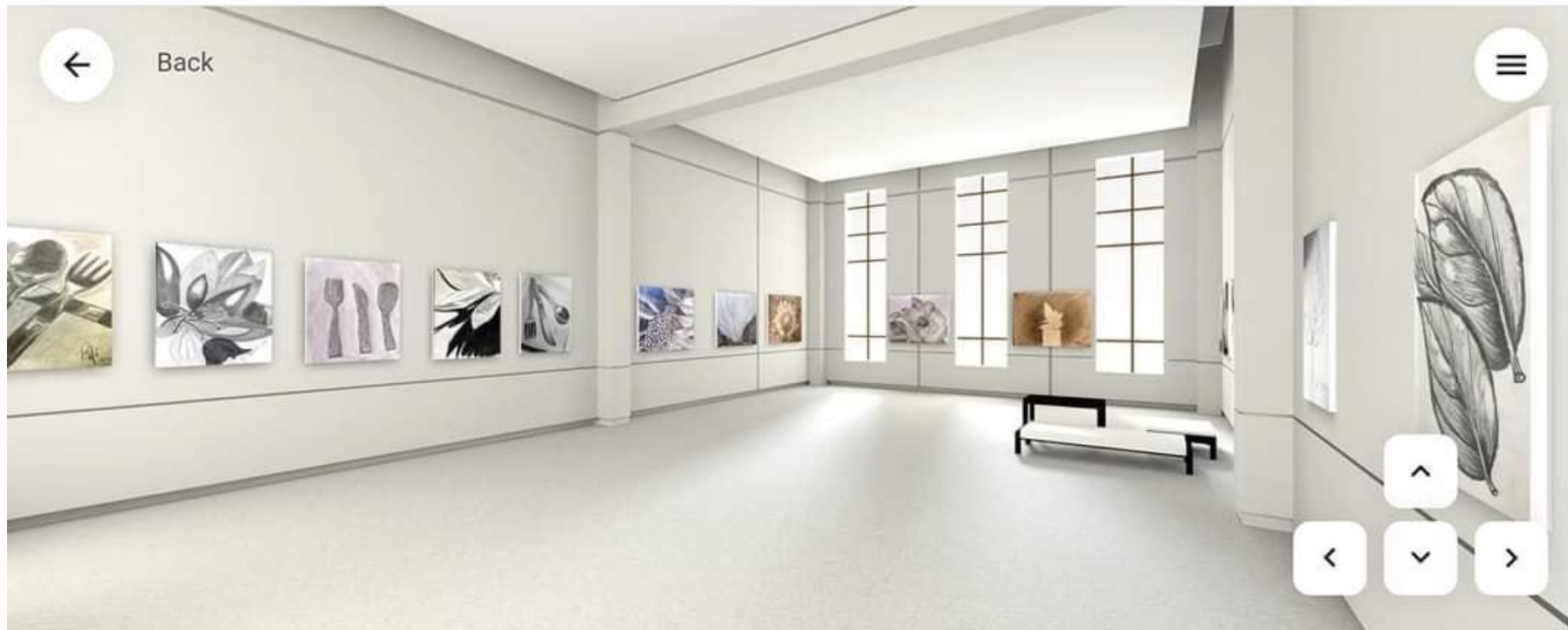




 [art.kunstmatrix.com](https://art.kunstmatrix.com)



Back





**20/20/20 Break**





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## Older Adult Learners and S.A.F.E Planning & Practice

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## 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

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## 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



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## Social and Emotional Changes

### **The natural process of aging can cause:**

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

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## What Have You Dreamed About Learning?





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## S.A.F.E Planning Components

- + **S**kills
- + **A**ssessment
- + **F**eedback
- + **E**ngage Socially

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## Skills

Schedule classes in a sequence and plan each lesson to ensure that one artmaking skill builds to the next.





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## Assessment

Continually evaluate each student's process and progress and tailor instruction to match the expressed needs of each learner.

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## Feedback

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





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## Engage

Tie intentional social engagement opportunities to the artmaking.

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## Q&A Session



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## 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
- + Watch Aroha's Film: "Creative Aging: In-Person to Online"
- + Browse our *Connect Through Creativity Now* Campaign Blog Posts

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## Creative Aging Online Demo Classes

### Please have the following:

- + Dance
  - Space to move
  - Towel
  - Water
- + Storytelling
  - Paper and writing utensil (pen or pencil)



## Resources

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/>



## Media Credits

- + Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slides 2 & 9)
- + Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 11, 18, 21 & 40)
- + 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)

**Lifetime Arts' Creative Aging Foundations course has been made possible by:**

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## Media Credits

- + 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 & 44)
- + 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 (Slide 24)
- + Louisiana State Museum, New Orleans, LA; Credit: Louisiana State Museum (Slide 28)

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- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 32 top left)
- + Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 32 top right)
- + Minnesota Opera, Minnesota, MN; Credit: Minnesota Opera (Slide 32 bottom)
- + Museo de Historia, Antropología y Arte, San Juan, PR; Credit: Lisa Ortega-Pol (slide 33)

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## Media Credits

- + Cuyahoga County Public Libraries, Cuyahoga County, Ohio; Credit: Cuyahoga County Public Library (Slide 34)
- + Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 35)
- + CDC Loneliness and Social Isolation Linked to Serious Health Conditions (Slide 38)
- + Pullen Arts Center, Raleigh, NC; Photo Credit: Teresa Moore (Slide 40)
- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 42)

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## Media Credits

- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 43)
- + Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 45)
- + Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 46)

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