Welcome!

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

Lifetime Arts

Creative Aging Foundations for Arts Organizations

Phoenix Center for the Arts

Day One: Monday, August 14, 2023

Lifetime Arts

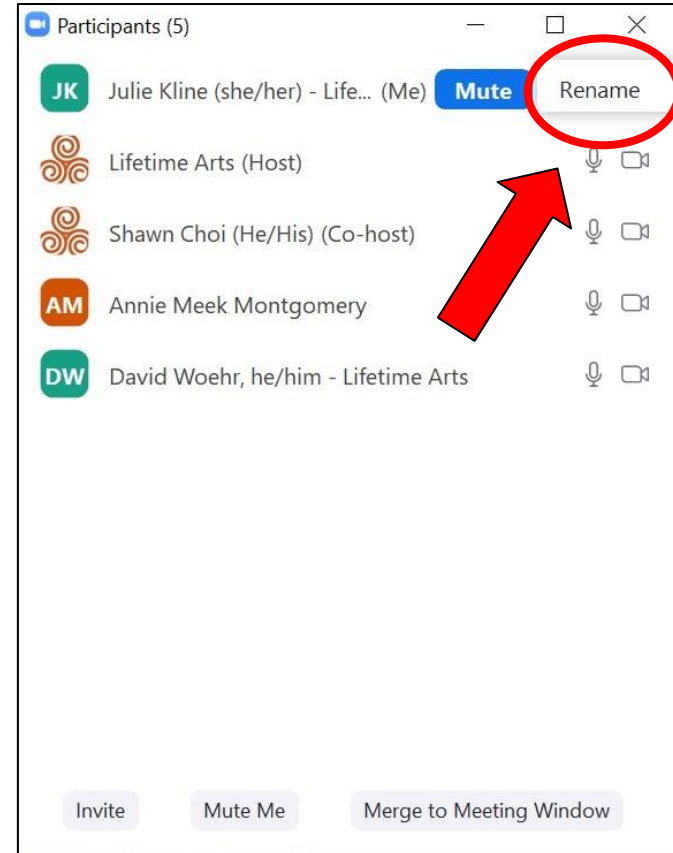## Zoom Protocols

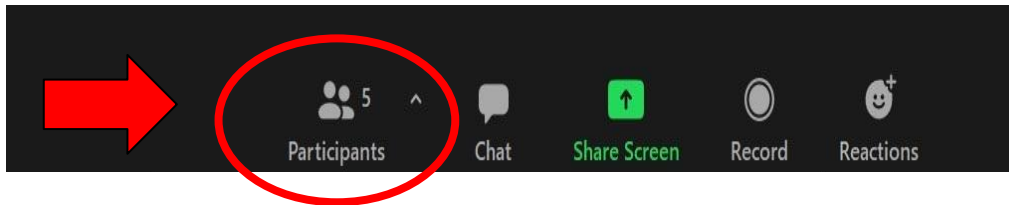+ Please keep cameras on (if possible)

+ 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.

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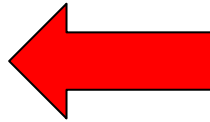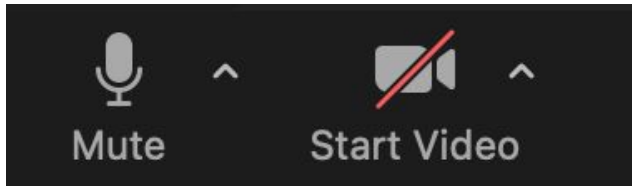
Zoom Protocols

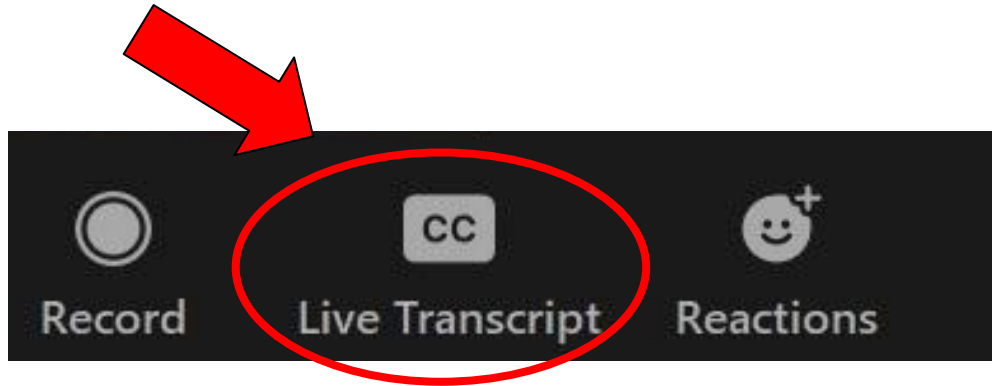+ To rename yourself, click the "**Participants**" icon at the bottom of your screen.

+ Then, click the "**Rename**" button in the participants tab.

Zoom Protocols
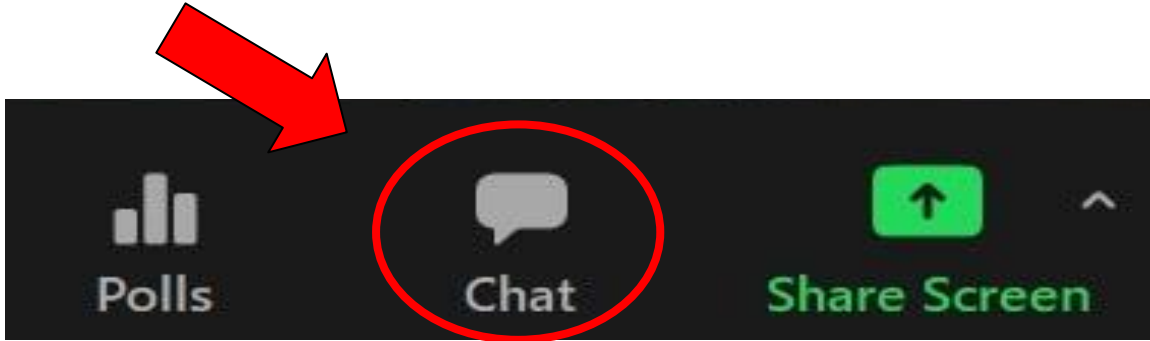
+ Click the "**CC**" button on the toolbar at the bottom of your zoom screen and turn it to show.

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Zoom Protocols

\+ If you have questions, please click the "**Chat**" icon at the bottom of your screen.

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Lifetime Arts Portal

+ Prep Work

+ Training Description

+ Lifetime Arts Staff + Trainer Bios

+ 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

Community Agreements

+ Be present

+ Limit distractions

+ Take care of yourself

+ Hold space for one another

+ Share only what feels comfortable

+ Sharing will be anonymous

Lifetime Arts

Introductions

Dane Stauffer

Lifetime Arts Trainer

Antonia Perez

Lifetime Arts Trainer

Sandra Bassett
Chief Executive Director

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

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Ageism Workshop

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Check in With Yourself

What age do you feel like on the inside today?

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Ageism Defined

Ageism refers to:

Stereotypes   → how we think

Prejudice   → how we feel

Discrimination → how we act
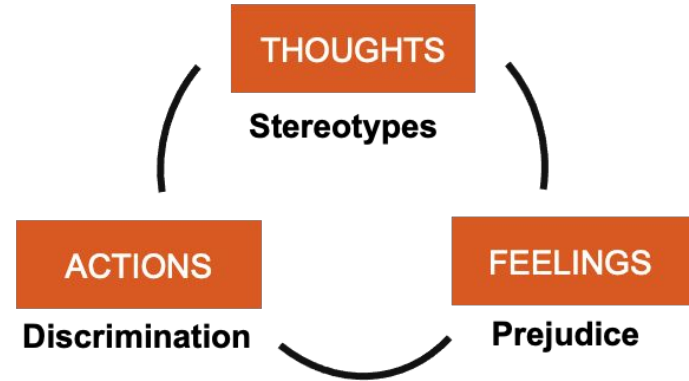
Directed towards people on the basis of age

Intersectionality

" **What happens when we think about how ageism intersects with other forms of disempowerment like racism and patriarchy, and heterosexism?** "

– Kimberlé Crenshaw
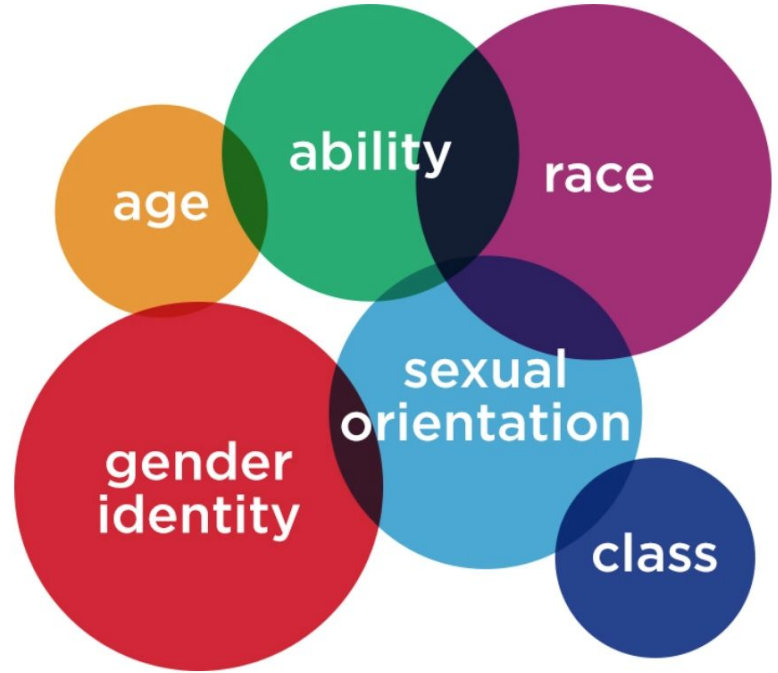
Ashton Applewhite

"It's ageism, far more than the passage of time, that makes growing older harder for all of us."

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Breakout Group Discussion Topics

+ What is something new from Ashton's video that you hadn't thought of before?

+ How do attitudes about aging play out in your community?

+ Where have you seen ageism in your life, if you have?

Share Out

Break

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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!**

Figure 1.
Historical and Projected Life Expectancy for the Total U.S. Population at Birth: 1960–2060

Life expectancy at age 0 (in years)

Projected

Female

Total

Male

Year

Sources: U.S. Census Bureau, 2017 National Population Projections, 2015–2060, and National Center for Health Statistics Life Tables, 1960–2014, <www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_07-508.pdf>.
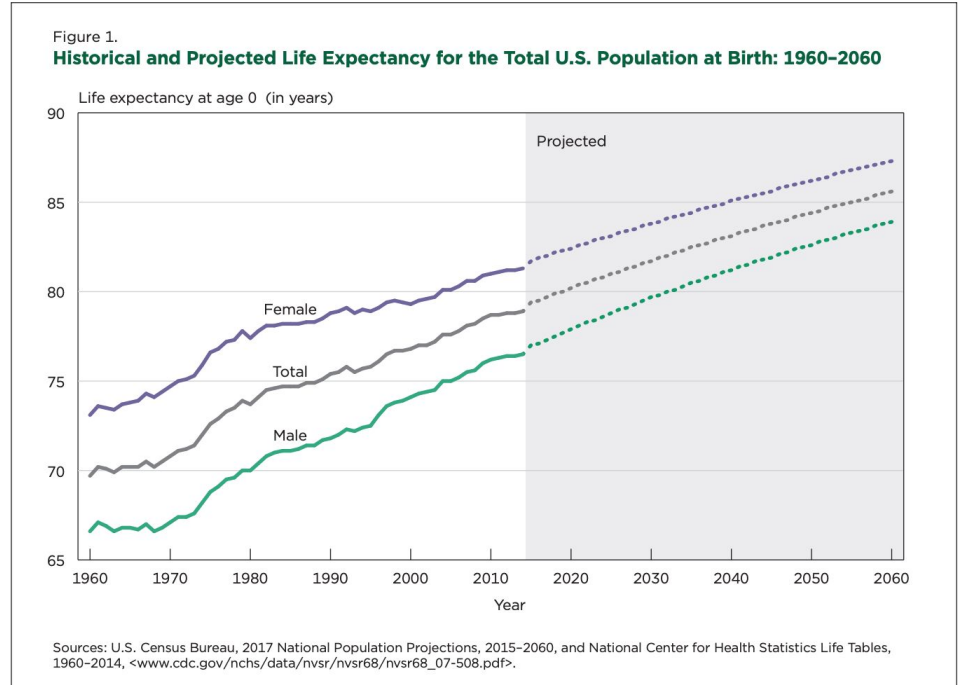
Equity and Older Adults

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

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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 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)

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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

(Cohen, 2006)

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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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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
+ Supports sustainability
+ Combats Ageism!

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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**

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**Discussion:
Reflections on the Model**

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

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What's Different About Adult Learners?

Adults:

+ Autonomous & self directed

+ Lifetime of experience & knowledge

+ Goal-oriented

+ Practical

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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

Universal Design for Learning

Provide multiple means of:

+ **Engagement**

  The WHY of learning

+ **Representation**

  The WHAT of learning

+ **Action & Expression**

  The HOW of learning

Homework

Via the Lifetime Arts Service Portal:

+ Review the resources below:
    ○ SAFE Planning Guide
    ○ Best Practices in Intergenerational Arts Education

+ Creative Aging Resource: Case Studies

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Creative Aging Online Demo Classes
Please have the following:

+ Storytelling
  - Just bring yourself!
+ Collage
  - 8.5 x 11 printer paper
  - Scrap paper (junk mail, old wrapping, paper, colored paper, newspaper/magazines)
  - Scissors, glue, markers, crayons, colored pencils

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Q&A Session

Research, 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/combatting-ageism/global-report-on-ageism

Identity and Intersectionality: More Than the Sum of Our Parts
https://www.edenalt-evolve.org/courses/identity-and-intersectionality-more-than-the-sum-of-our-parts

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

More information on Older Adults and Equity:
https://www.giaging.org/issues/diverse-elders/

Key Data on Health and Health Care by Race and Ethnicity

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Research, Resources, & Chat Links

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

Cornerstone University's Guide to Andragogy/Lifelong Learning:
https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragog

CDC Loneliness and Social Isolation Linked to Serious Health Conditions:
https://www.cdc.gov/aging/publications/features/lonely-older-adults.html

The UDL Guidelines: https://udlguidelines.cast.org/

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

Additional Research Via The Creative Aging Resource:
https://creativeagingresource.org/resource/?wpv-curatorial-category=research

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Research, 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/

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Media Credits

+ Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slides 2, 19 & 30 top left)
+ Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slides 9 & 32)
+ The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 10)
+ Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 11 top left)
+ Queens Library, Queens, NY; Credit: Queens Library (Slide 11 top right)
+ Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 11 bottom)

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Media Credits

+ Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 13)
+ Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 18 & 21)
+ Boston Public Library, Boston, MA; Credit: Boston Public Library (Slide 24)
+ Louisiana State Museum, New Orleans, LA; Credit: Louisiana State Museum (Slide 28)
+ Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 30 top right)
+ Minnesota Opera, Minnesota, MN; Credit: Minnesota Opera (Slide 30 bottom)

Lifetime Arts

Media Credits

+ Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 33)
+ Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 46)

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