Welcome!

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

- 1. Name
- 2. Location, including native land you are currently on
- Something beautiful you can see out your window or in your space

Also, please have paper or notebook and pen available



Ageism and Creative Aging Program Models

Day One March 1, 2021



Annie MontgomeryDirector of Education



Lynda Monick Isenberg
Lifetime Arts Trainer

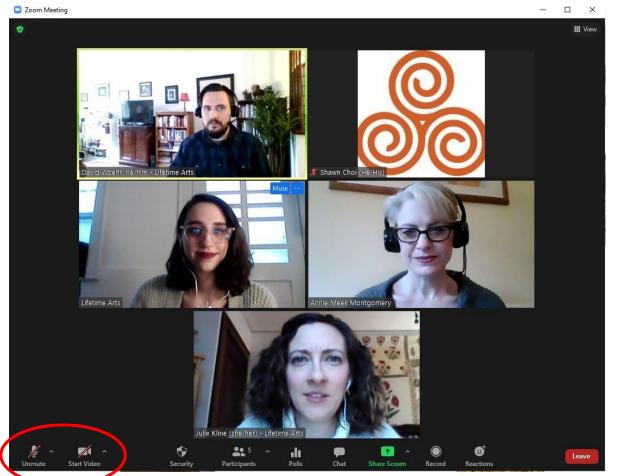




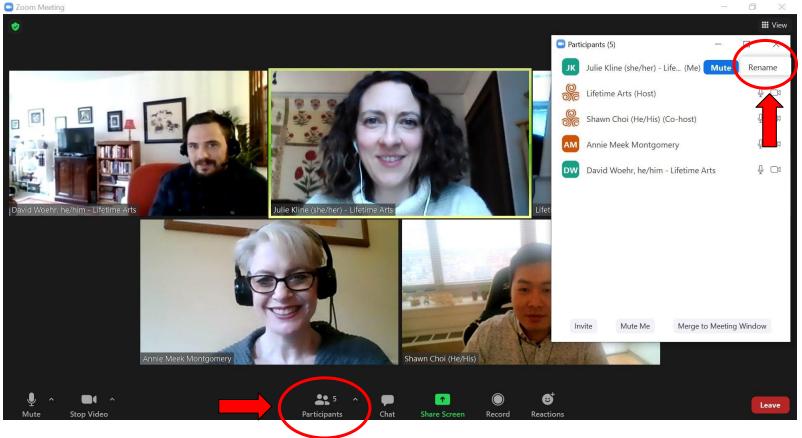




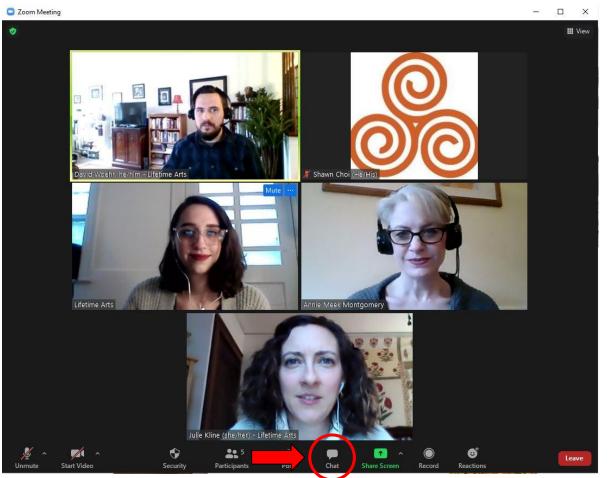




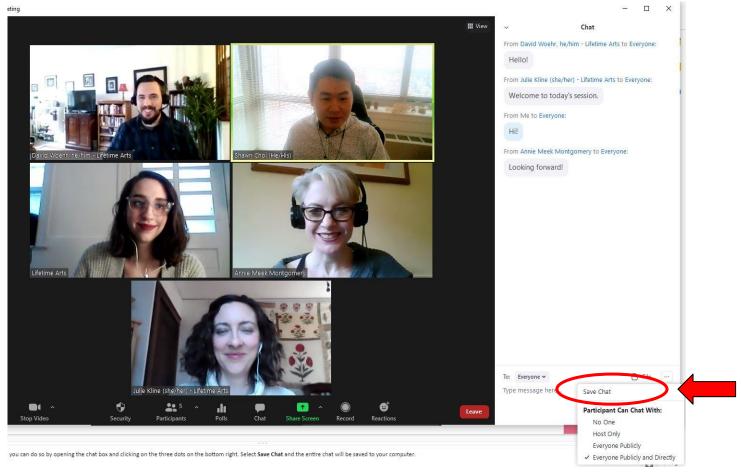














Welcome



Training Goals:

- Be introduced to the creative aging field
- Analyze ageism and its impact on program design and delivery
- Learn creative aging programming models (In-person and remote)
- Experience the design best practices for creative aging programs
- Learn about the Creative Aging in Wyoming Libraries Initiative.
- Understand how to support the program: marketing, recruitment, tech support, and working with teaching artist
- Build creative aging program infrastructure to move toward sustainability

Today's Agenda

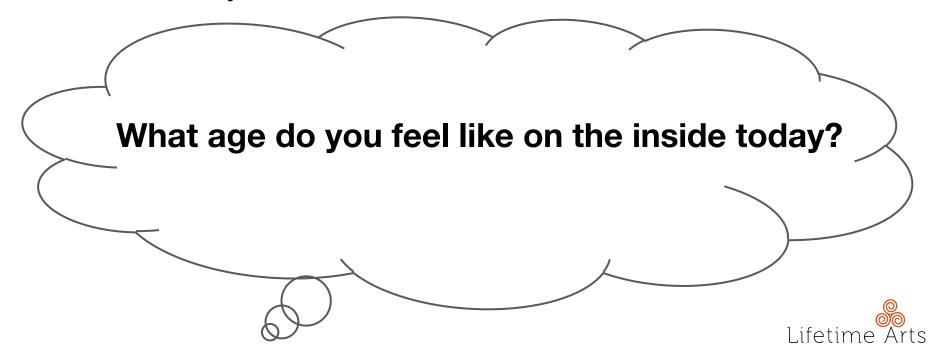
- 1. Exploring ageism
- 2. Break
- 3. Creative aging arts education models
- 4. Break
- 5. S.A.F.E. planning and older adult learners
- 6. Creative Aging in Wyoming Libraries Initiative
- 7. Q&A and wrap-up



Ageism Workshop



Check in with yourself...



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 Discussions



Share Out



Break!



Introduction: 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

U.S. Census Bureau's 2017 National Population Projections





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

- Online or In-person
 - Sequential classes—not drop-in programming
 - Taught by a professional teaching artist
 - Registration based—free or fee-based



The Creativity & Aging Study

By Dr. Gene Cohen, George Washington University, 2006

- Took place over 3 years
- NYC (Brooklyn), Los Angeles, and Washington, DC
- Age range was 65-103
 - Control group usual activities
 - Intervention group participated in professionally conducted arts programs



Dr. Gene Cohen



The Creativity & Aging Study

By Dr. Gene Cohen, George Washington University, 2006

Results:

- Less medication
- Fewer doctor visits
- Elevated mood

- More independent functioning
- Less depression, loneliness
- More activities



Mastery & Social Engagement



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



Creative Aging Arts Education 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: More in depth!

A Creative Aging Program:

- Has at least 10 participants in each class
- Requires registration
- Offers free or fee-based classes
 - Dependant on organization's needs
- Has a goal for participants to come EVERY WEEK!



What's Different About Adult Learners?

- 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

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

- Skills
- Assessment
- Feedback
- **Engage Socially**



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



20/20/20 Break



Creative Aging in Wyoming Libraries



Photo Credit: Teresa Moore



Creative Aging in Wyoming Public Libraries

Project Background



Project Background

Project Goals: improving the lives of Wyoming State's older adults through participatory arts programming.

Objectives: Creative Aging in Wyoming Public Libraries will implement a proven approach to older adult services and contribute to a statewide shift that places participatory arts at the core of senior programming.

Partners: WY Arts Council, WY State Library, and Lifetime Arts



Timeline

Phase I:

Planning and preparation December 2020 - January 2021

Phase II:

Orientation and Training February 2021 - March 2021

Phase III:

Program Development March 2021 - May 2021

Phase IV:

Program Implementation June 2021 - May 2022



Program Development and Coaching

Each participating library will receive ongoing program design and implementation support from Lifetime Arts including:

- Teaching artist identification
- Curriculum development
- Budgeting and contracting
- Marketing and recruiting



Program Implementation

Creative Aging Programs:

- Can be done in any art form: visual, performing, and literary arts
 - Artform must reflect the interest of the target audience
- Are taught by professional teaching artists
- Include intentional social engagement component
- Include a culminating event



In-Person vs. Remote Delivery

In-Person Delivery

- 8+ sessions
- 90+ minutes in length
- Culminating event

Remote Delivery

- 4+ synchronous sessions
- 3+ asynchronous activities
- 45-90 minutes in length
- Culminating event



Creative Aging Impact

- Up to 46 programs across 23 counties
- Up to 700 older adults served
- Culminating events will reach up to 1,500 people from friends, family and the general public



Q&A



Day 2: Creative Aging Online Demo Classes

Storytelling



Sarah Jacobus
Lifetime Arts Trainer

Photography



Rhynna M. Santos Lifetime Arts Trainer



Closing

Homework via training portal:

- View Aroha Philanthropies Film, "Creative Aging: In-Person to Online"
- Review Adapting Creative Aging Course Design for Remote Delivery Pdf.
- Browse Connect Thru Creativity Now Blog

