

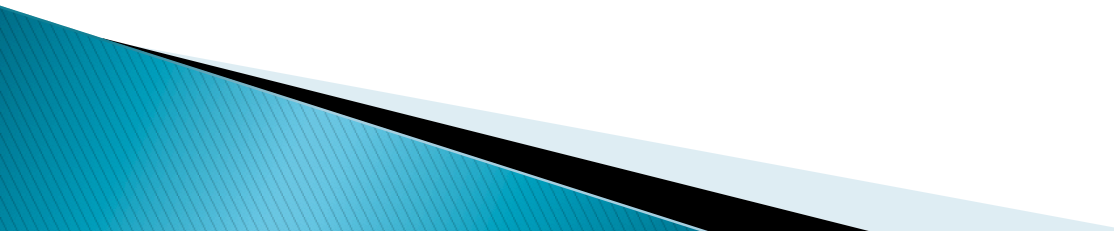
Intersection of Aging and the Arts for Health and Well-Being

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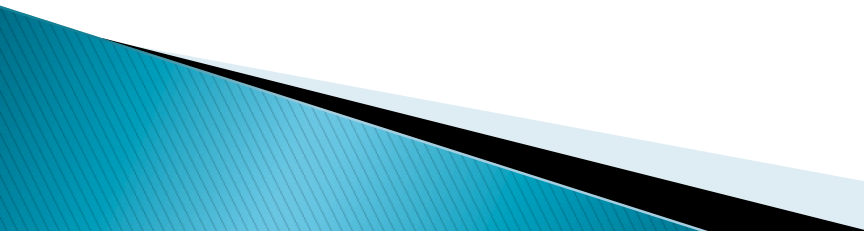
Presentation at the Harvey A. Friedman Center for
Aging, Washington University, St. Louis, Missouri,
April 28, 2016.



Objectives

- ▶ To advance understanding of the scientific evidence that older adults' participation in the arts improves health, well-being and quality of life
 - ▶ To stimulate expansion of arts programs (“beyond bingo”) for older adults from all backgrounds
 - ▶ To extend knowledge of available resources for delivering evidence-based arts programs to older adults
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National Center for Creative Aging (NCCA)

- ▶ National service organization dedicated to fostering the vital relationship between creative expression and healthy aging
 - ▶ Founded by Dr. Gene Cohen (*The Creative Age*) & Susan Perlstein (Elders Share The Arts or ESTA) in 2001 as a program within ESTA
 - ▶ Established as a D.C.-based nonprofit organization in 2007 with Dr. Gay Hanna as the Executive Director
 - ▶ *“Ask what we can do because of age, not in spite of age.”*
 - ▶ *“The arts are chocolate for the brain.”*
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NCCA Resources

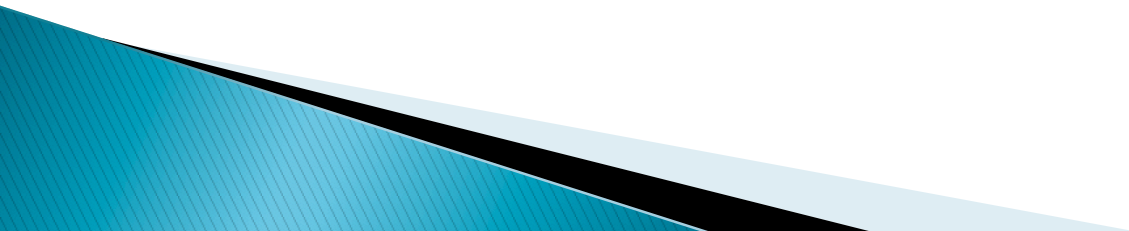
- ▶ Directory of best practice and evidence-based creative aging programs
- ▶ Creative Caregiver Toolkit
- ▶ Free on-line Artist Training in Arts and Aging
- ▶ Free on-line training modules
- ▶ Grantmakers Partnership Webinar Series on Arts, Aging, and Health

www.creativeaging.org

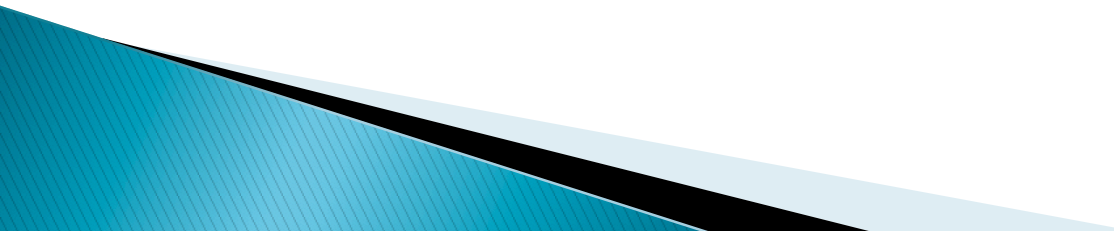


TimeSlips Creative Storytelling

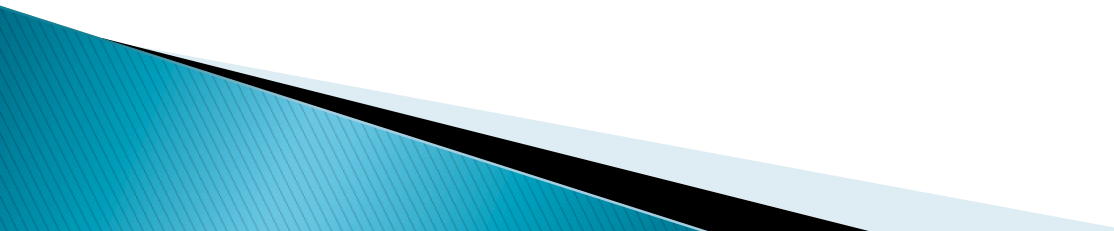
www.youtube.com/watch?v=9yxxbw7Ylys



NCCA Artist Training Program

- ▶ Self-guided online course (about 12 hours)
 - ▶ Overview of key concepts and research on aging and the arts
 - ▶ Techniques of lifelong learning (exercises & case studies)
 - ▶ On-line modules and resources can be accessed for classroom instruction
- 

Artist Training Program Guides

- ▶ For identifying community partners
 - ▶ For adapting instructional techniques for different populations of older adults
 - ▶ For planning, implementing and evaluating arts programs
- 

Federal Interagency Taskforce on the Arts and Human Development (2011)

- ▶ Convened by NEA and U.S. DHHS to bring together federal agencies
- ▶ Developed a research agenda to build the evidence base for the arts' impact on human development across the life span and on population health

[http://arts.gov/sites/default/files/
TheArtsAndHumanDev.pdf](http://arts.gov/sites/default/files/TheArtsAndHumanDev.pdf)



Innovative Crossroads: Intersection of Creativity, Health and Aging (Grantmakers in Health, 2013)

- ▶ Premise: the arts hold promise to improve older adults' health and well-being
- ▶ Grantmakers Partnership Project: brought together Grantmakers in Health, Aging and the Arts under NCCA's auspice for infrastructure development
- ▶ To promote benefits of the arts for older adults' health

<http://www.giarts.org/article/innovative-crossroads-intersection-creativity-health-and-aging>

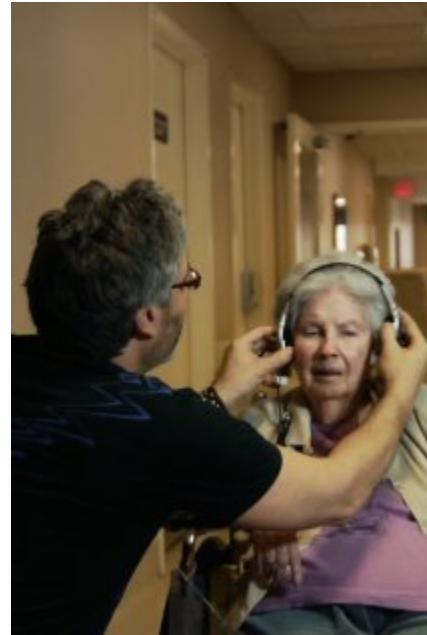


Alive Inside

<http://www.youtube.com/watch?v=ONGYpmFydME>

The film:

<http://aliveinside.us/>



Published Literature Review on Arts' Impact on the Health of Older Adults

Journal of Aging, Humanities and the Arts
(2010)

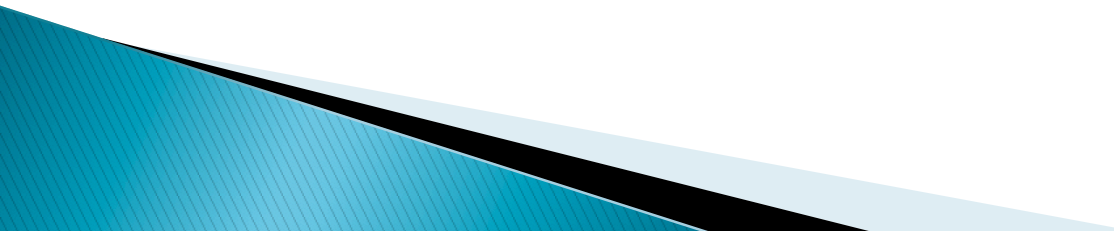
“Impact of Arts Participation on Health
Outcomes for Older Adults”

Melissa Castora-Binkley, Linda Noelker, Thomas
Prohaska, & William Satariano

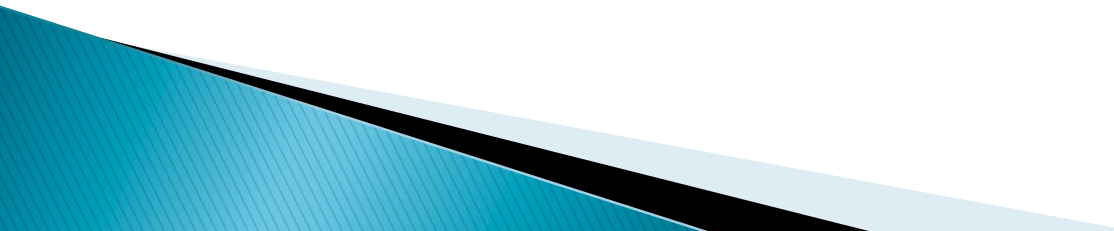


Methods

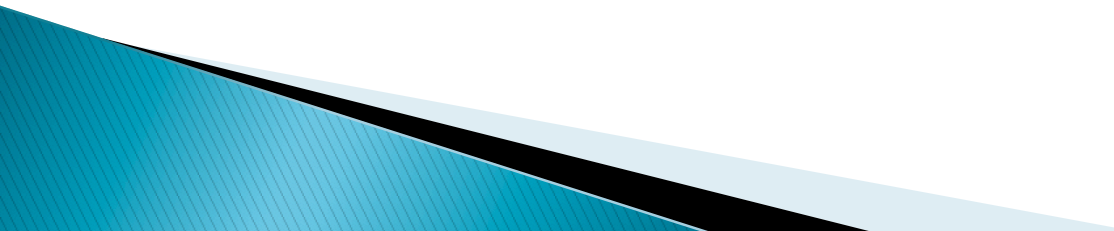
Inclusion criteria for articles

1. Creative activities that either exclusively targeted or included older adults
 2. Activity was not a therapy or arts & crafts
 3. Activity had to be participatory, not observant
 4. Documented at least one health-related benefit
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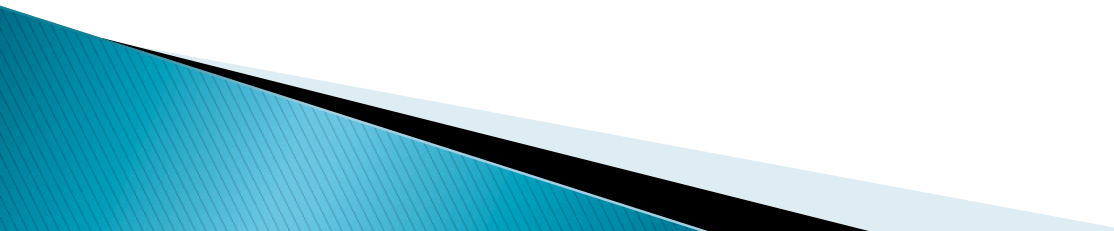
Results of the Scientific Literature Search

- ▶ Publication dates were 1978 through 2009
 - ▶ 2,205 articles identified using search terms (creative, health, promotion, art, program, aging, perform, participatory, well-being, and health)
 - ▶ 42 were retained for review
 - ▶ 11 met inclusion criteria and were retained
- 

Selected Findings

- ▶ One year of participation in a professionally led chorale group: participants reported better overall health, used fewer over-the-counter medications, had fewer falls, fewer physician visits, and higher morale and decreased loneliness scores than those in the comparison group
 - ▶ Six months of individualized piano instruction: older students had better scores on perceptual speed and memory tests than the control group
- 

Selected Findings

- ▶ 15 weeks of jazz dance instruction: pre- and post-tests showed improved balance
 - ▶ 8 sessions of theatrical training over 4 weeks: participants rated higher on recall, recognition, and problem-solving tests than those in comparison groups
- 

Alzheimer's Poetry Project

Sparking memories with poetry

[http://www.youtube.com/user/alzpoetry?
feature=mhum](http://www.youtube.com/user/alzpoetry?feature=mhum)

Gary Glazner

<http://www.alzpoetry.com/>

Findings from a Related Literature Review

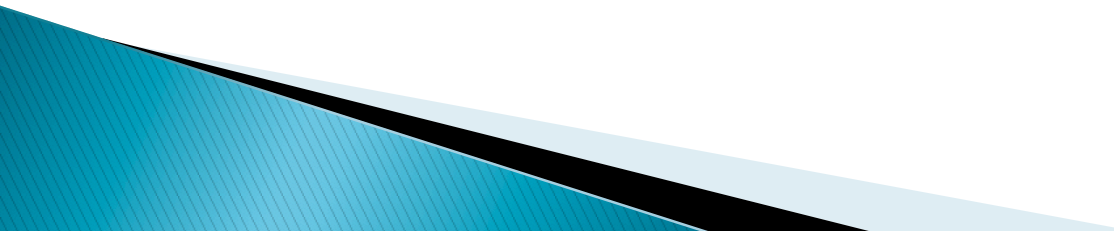
Noice, Noice, & Kramer (2013), Participatory Arts for Older Adults,

The Gerontologist (doi: 10.0193/geront/gnt138)

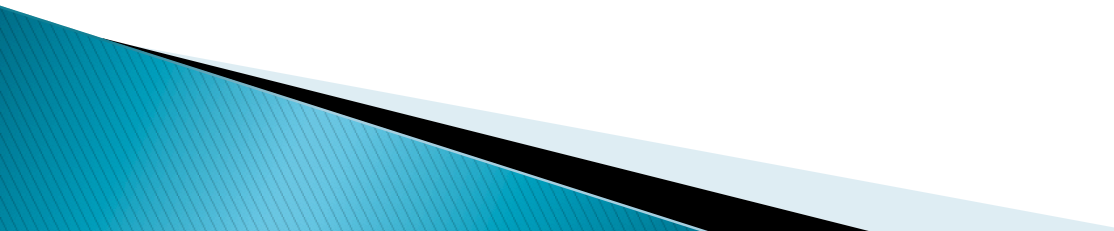
Findings from 31 articles reviewed:

- ▶ 8 studies of dance (contemporary, ballroom, choreographed): improvement in posture, balance, reaction time, cognitive tests, gait speed, and reported general health
- ▶ 3 studies of expressive writing: decreased depression, improved self-concept, processing speed, verbal learning, and attention

Findings

- ▶ 10 studies of music (piano playing, choirs, instrumentals): decreased depression and anxiety, higher nonverbal memory recall, greater cognitive flexibility, improved social and emotional well-being, increased human growth hormone
 - ▶ 7 studies of theater: improved cognition, confidence, self-esteem, and reported better health
 - ▶ 3 studies of painting and pottery: improved mental and psycho-social health, reduced negative emotions, higher self-esteem, and perceptions of life as more meaningful and enjoyable
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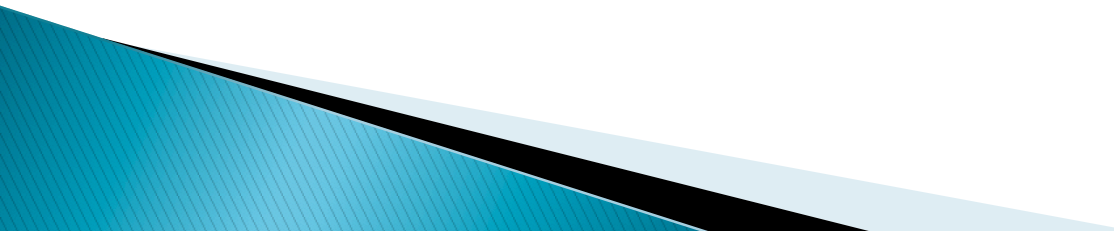
Limitations of Research Studies

- ▶ Randomized Control Trials uncommon
 - ▶ Small, homogeneous samples
 - ▶ Convenience sampling
 - ▶ Short duration of the intervention (sustained impact?)
 - ▶ Limited attention to the amount, frequency, and duration of the intervention (“dosage”)
 - ▶ No attention to costs of the intervention
- 

Arts Interventions for Persons with Dementia

- ▶ New research approaches are needed
- ▶ Forget memory and cognition as outcomes; focus on personal meaningfulness, imagination, and expressiveness
- ▶ Investigate positive effects on family members, staff members, and other residents

De Medeiros, K. & Bastings, A. (2013) Shall I compare thee to a dose of donepezil?: Cultural arts interventions in dementia care research, *Gerontologist* (doi:10.1093/geront/gnt055)



KAIROS



<http://vimeo.com/48912028>

Maria Genne

<http://www.kairosdance.org>

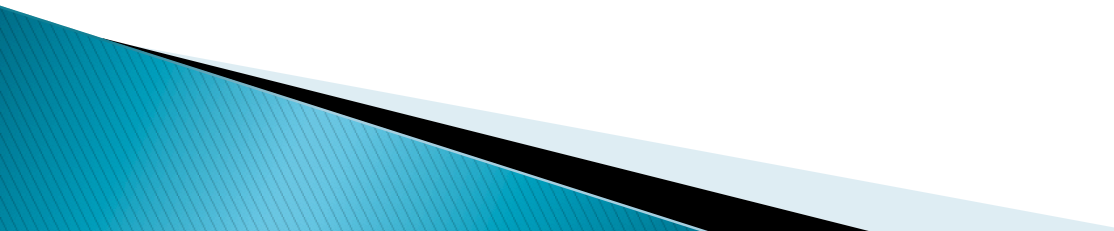
Resources for Intergenerational Arts Programs

- ▶ Grant from Ohio Arts Council to develop a training program on Intergenerational Arts
- ▶ Good Practices in Intergenerational Programming: Models for Advancing Policy, Practice, and Research, (2010) New York State Intergenerational Network, New York City Department for the Aging
http://www.nyc.gov/html/dfta/downloads/pdf/publications/good_practices.pdf
- ▶ Generations Together, Intergenerational Publications Catalog, University of Pittsburgh (2013) www.gt.pitt.edu

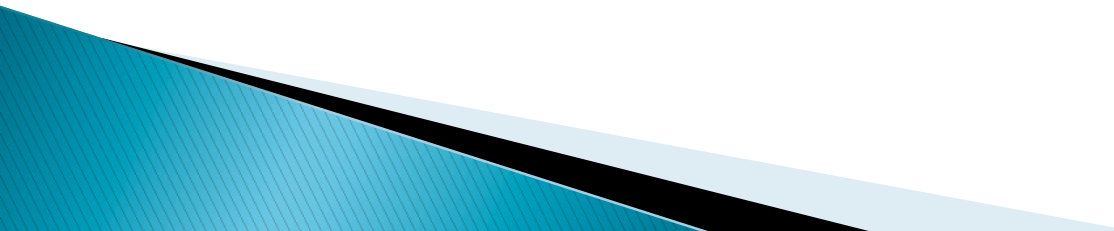
Resources for Intergenerational Arts Programs

- ▶ **Something to Say: Success Principles for Afterschool Arts Programs from Urban Youth and Other Experts**, D. Montgomery, P. Rogouin, and Neromanie Persaud, The Wallace Foundation, 2013.
www.wallacefoundation.org
- ▶ **Tried and True: A Guide to Successful Intergenerational Activities at Shared Site Programs**, S. E. Jarrott, Generations United, 2007.
<http://www.gu.org/LinkClick.aspx?fileticket=hgHHpQyZQc4%3D&tabid=157&mid=60>

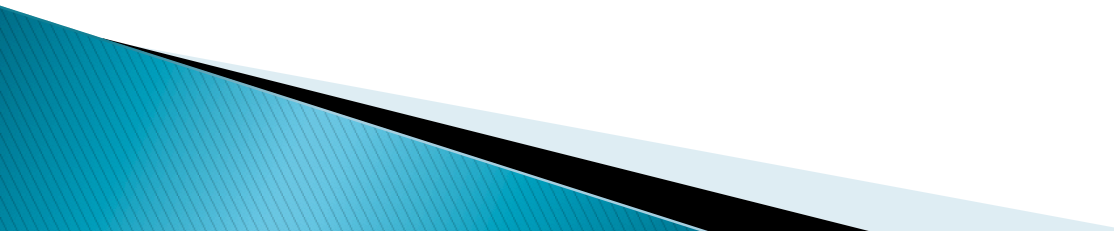
White House Conferences on Aging

- ▶ Held every ten years
 - ▶ Makes aging policy recommendations to the President and Congress
 - ▶ Informs and educates the public and private sectors in promoting dignity, health, independence, and economic security for older Americans now and in the future
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Mini-conference on Creativity and Aging in America (2005)

- ▶ Purpose: to develop recommendations for the 2005 WHCoA about the importance of professional arts programming for older Americans as a quality of life issue
 - ▶ Focus: the benefits of artistic engagement on mental and physical functioning and as essential for quality of life
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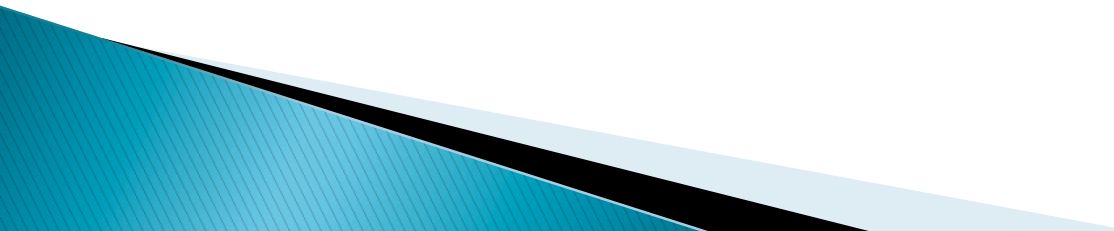
Results

- ▶ Report from the 2005 mini-conference submitted to the White House
 - ▶ Compiled with other mini-conference reports (a total of about 1,500 policy recommendations)
 - ▶ About 50 are selected for the final report to the White House
 - ▶ Two from the mini-conference were included:
Promote Livable Communities to Enable Aging in Place; Expand Opportunities for Developing Innovative Housing Designs for Older Adults
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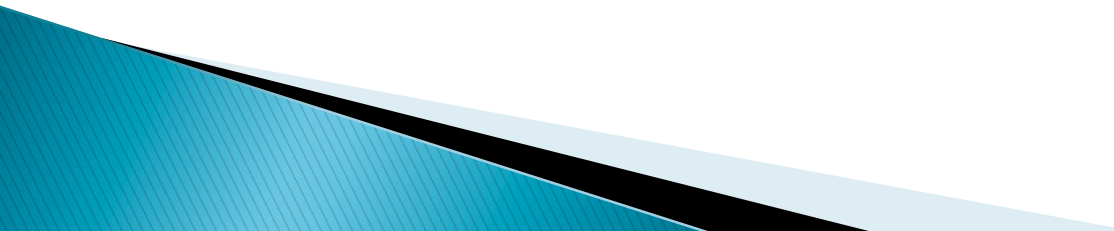
2015 Leadership Exchange on the Arts, Aging and Creativity

- ▶ Held in partnership with the NEA's May 18th Summit on Creativity and Aging in America
- ▶ Review the current state of the field and develop recommendations to forward to the 2015 WHCoA

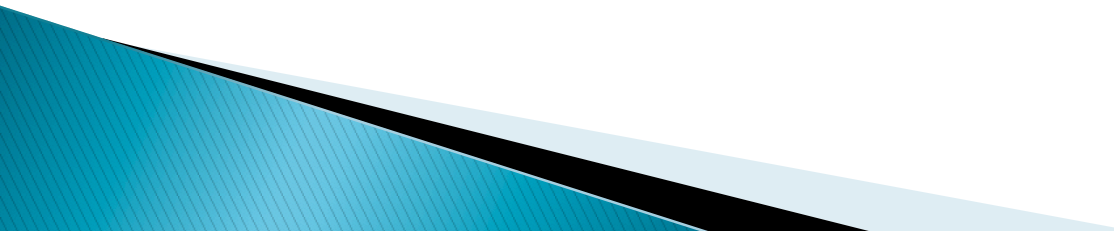
Summit's Focus Areas

- ▶ Promoting age-friendly community design
 - ▶ Promoting health and wellness through arts participation
 - ▶ Promoting lifelong learning and engagement in the arts for greater cognition and creativity
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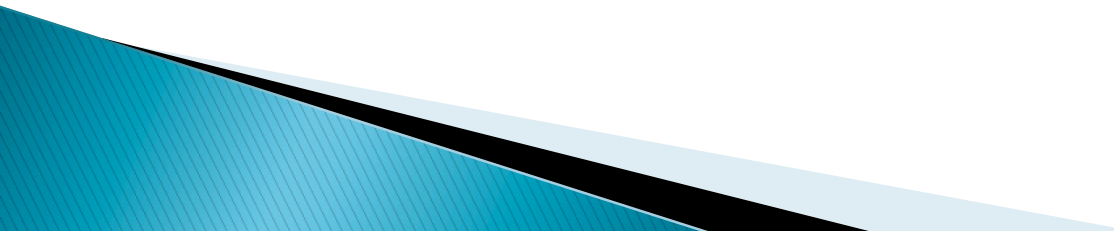
Selected Recommendations from the Summit

- ▶ Fund interdisciplinary research collaboration between behavioral and biomedical researchers , artists, and social entrepreneurs to expand the evidence base for the benefits of arts participation across the life span
 - ▶ Establish leadership across government agencies that promotes access to high quality, inclusive, and affordable art programs
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Recommendations (con't)

- ▶ Support public/private partnerships to build infrastructure that supports development of products and services in the arts and design and business models to bring these to scale
 - ▶ Leverage resources across federal agencies to develop creative financing tools for age-friendly home design and renovation and for community design, transportation and way-finding so people can age in the place of their choice
- 

2016 International Conference

- ▶ “The Creative Age: Global Perspectives on Creativity and Aging”
 - ▶ September 24–28, 2016 in Washington, DC
 - ▶ Featuring age-friendly cities and creative caregiving around the world
 - ▶ Two-day leadership exchange and conference (Sept. 25–26) and two-days of professional development events
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Questions & Comments?

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