



# ARTS FOR THE AGING

“We love your contributions to the program. Your groups are therapeutic, entertaining, uplifting and engaging. What a treat!”

— Dana Tate, Thome Kensington Club

Program Guide 2020-21

# PROGRAM GUIDE

## Arts for the Aging History and Mission (Who We Are)



Since 1988, Arts for the Aging has been a pioneer in the design, development, and delivery of artist-led, multi-disciplinary, participatory arts programs for older adults. These programs are designed to improve health, enhance quality of life, and combat isolation. As a regional service provider in Greater Washington D.C. and a recognized national model in the field of creative aging, we engage seniors, caregivers, professional artists, community partners in aging services, museums and cultural institutions, volunteers, and intergenerational collaborators in the joys of artistic self-expression.

Arts for the Aging is a 501(c)(3) non-profit organization funded through grants, donations, and workshop fees. Our mission's reach is focused especially on providing financial aid opportunities for underserved community and residential care settings. We train and pay a faculty of teaching artists who conduct participatory workshops for groups of older adults and caregivers, particularly those impacted by the effects of aging-related health conditions, or who are isolated and lonely.

## Value and Program Features (What We Do)

Arts for the Aging was founded on a premise, which scientific studies now prove, that regular participation in the arts by older adults helps to minimize physical and cognitive health conditions in aging, and contributes to better physical, intellectual, and emotional health. Our services are comprehensive, diverse, and customized. This allows our client partners, community and



residential care settings -- adult care centers, community centers, senior centers, memory café, continuing care retirement communities, nursing homes, senior living and affordable housing communities—to focus on the delivery of safety-net services, activities of daily living, and occupational and physical therapies. By

providing a frequent source for high-quality arts interventions, we offer reliable and cost-effective therapeutic innovations that minimize strains on health and economic resources and maximize well-being and productivity in older adults and caregivers.

### Caregivers, Client Partners, Teaching Artists, and Staff (How We Do It)

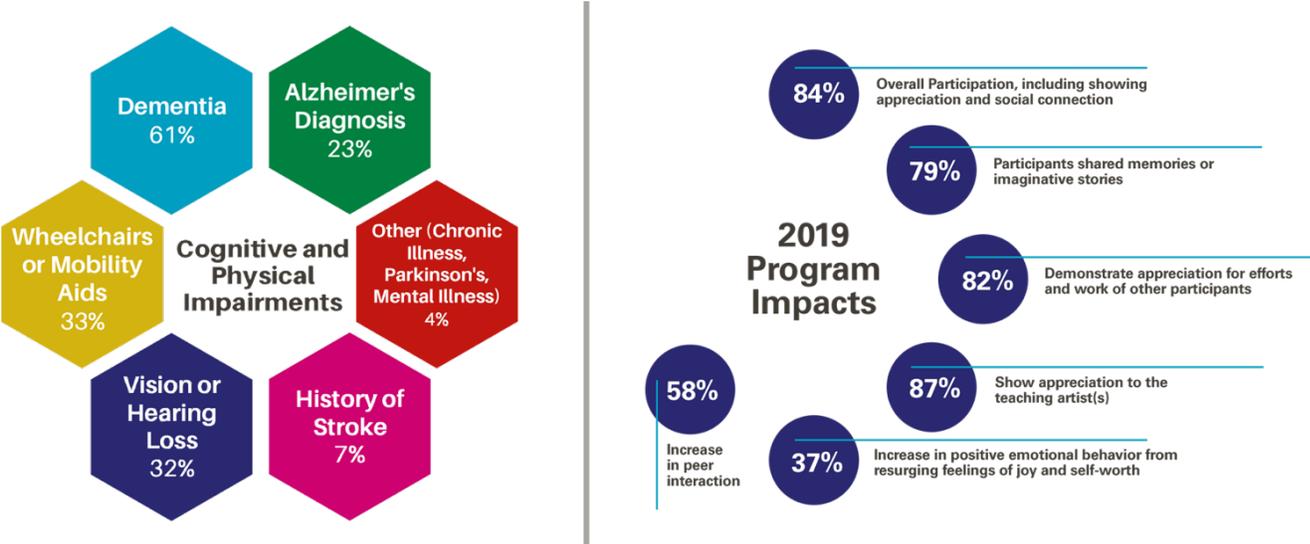


Arts for the Aging’s participatory workshops are designed to engage older adults and caregivers in artistic self-expression and art-making. Workshop curricula includes drawing, painting, music, singing, creative writing, storytelling, expressive arts, poetry, dance, photography, creative movement, and theatre. The organization offers these services by supporting professional artists as teaching artists. All Arts for the Aging Teaching Artists are trained in our curriculum celebrating best-practices in

creative aging. Our program director oversees communications and scheduling with clients, community partners, and teaching artists for a streamlined process and a positive, collaborative experience.

### Program Evaluation and Impact (How Does it Work?)

Arts for the Aging conducts pre- and post-workshop evaluations of all workshops, both in-person and virtual. These allow us to measure the direct impact of our programs on older adults living with mild to moderate aging-related physical and cognitive health conditions. Below is the report of data collected from 594 multidisciplinary artist-led programs taking place over a 12-month period in 2019 at 42 partner sites in Greater Washington D.C.



# SAMPLE PROGRAMMING

For the greatest therapeutic effects, our series programming offers participants the opportunity to explore through weekly workshops a variety of different art forms presented by teaching artists in collaboration, or focus on one arts discipline in-depth. This fosters trust and relationship-building between client partners, seniors, and Arts for the Aging Teaching Artists.



Workshops are also available as single, episodic programs. Client partners may select arts disciplines that most appeal to their audience. Arts for the Aging can customize programming types and disciplines based on your needs or your participants' available technology.

“When we don’t all speak the same language; movement offers us a way to feel connected and share together.”

— Deborah Riley, teaching artist

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*For detailed information about available programs, visit the [website](#).*

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**Live Workshops:** These are available in person, and via Zoom. These programs engage older adults as well as caregivers.

**Telephonic Programs:** Available for client partners with participants who have limited or no internet access. Arts for the Aging Teaching Artists engage in storytelling, sing-along, and directed movement programs over conference calls scheduled via Zoom.

**Pre-recorded programs:** Our renowned teaching artists have developed short 3-15 minute (length varies) interactive programs. These are available in a variety of arts disciplines and can easily be included in YouTube shows, displayed on closed-circuit TV systems, or emailed directly to participants.

**heART Kits:** These visual and literary art kits provide all materials needed and clear instruction sheets with images to guide participants in a hands-on art making experience. The kits are designed to engage caregivers as well as seniors of all abilities and provide a framework for promoting socialization and connection through the arts.

“I asked the staff what we were doing after lunch – they said, ‘Marcie’s coming!’ It immediately lifted my spirits. You bring life, you feed my soul. Please keep coming to the center.”

— Note from Penny, participant from Easter Seals Adult Day Services, to teaching artist Marcie Wolf Hubbard

### Caregiver Training Programs:

These trainings are designed specifically for professional and family caregivers. Available over Zoom, Arts for the Aging Teaching Artists demonstrate therapeutic, multi-disciplinary arts activities that can be recreated at home. They also provide access to resources that will further enhance the caregiving experience and connection with your loved one or senior client.

**Caring for Caregivers:** These programs are designed specifically for professional and family caregivers. They provide multi-disciplinary arts activities and exercises to help caregivers cope with burnout, and to promote the processing of stress and negative emotions in a healthy, creative way.

**Customized Programs:** Your needs and those of participants are unique and you require a tailored program to meet your goals. Arts for the Aging has a faculty of 25 multi-disciplinary teaching artists. We are happy to work with you to customize a creative and therapeutic program based on your specific requests.



# SCHEDULING

Arts for the Aging programs are currently scheduled in three-month seasons. Client partners are encouraged to select a regular day of the week and time to promote consistent participation with their members. Series programs include multiple workshops during the established time period. They can be repeated to explore new subjects and arts disciplines in depth.

Prospective client partners can schedule a demonstration workshop to evaluate Arts for the Aging's fit for their members. A sample program can be scheduled within three weeks of a request and is available at the program director's selection and discretion.



# TEACHING ARTISTS

Workshops are customized by an experienced artistic faculty proficient in diverse specialties, trained in our best-practices, and paid to facilitate group workshops. Arts for the Aging Teaching Artists are professional working artists in a variety of art forms including dance, music, singing, visual art, art history, creative writing, storytelling, poetry, expressive arts, musical theatre, and theatrical improvisation.

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*For detailed information about scheduling and teaching artists, visit the [website](#).*

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# SAMPLE PRICING

Workshop payments subsidize programming for financial aid partners in marginalized communities throughout Greater Washington D.C. Through your support, Arts for the Aging can continue to target resources to communities that need them the most.

<b>Program Type</b>	<b>Program Cost</b> (Subsidized fees and financial aid available to those client partners that qualify.)
<b>Live Virtual Workshop</b>	\$280
<b>Live In-Person Workshop</b>	\$275*
<b>Pre-recorded programs (length varies)</b>	Usage fee of \$100 per video
<b>heART Kits</b>	\$20 per kit
<b>Telephonic Programs</b>	Costs vary, please ask for a quote.
<b>Community Art Program</b>	Costs vary, please ask for a quote.
<b>Caregiver Training Program</b>	Costs vary, please ask for a quote.
<b>Caring for Caregivers</b>	\$275
<b>Customized Program</b>	Costs vary, please ask for a quote.

\*Price includes: teaching artist fees, program planning, evaluation time, mileage reimbursement, and materials fees. Final cost may be estimated at a lower fee depending on workshop needs.

Please complete the [prospective client partner application](#) available on our website. Subsidized pricing and financial aid is available.

For specific pricing information and to schedule a demonstration program, please contact Arts for the Aging Program Director Sarah House. [shouse@aftaarts.org](mailto:shouse@aftaarts.org) direct 301-637-4437

“Even for myself, as I've experienced visual and balance issues, I find that I am able to dance easily without a cane. Remarkable.”

— Jenean McKay, member of Quicksilver, Arts for the Aging's senior improv dance company

