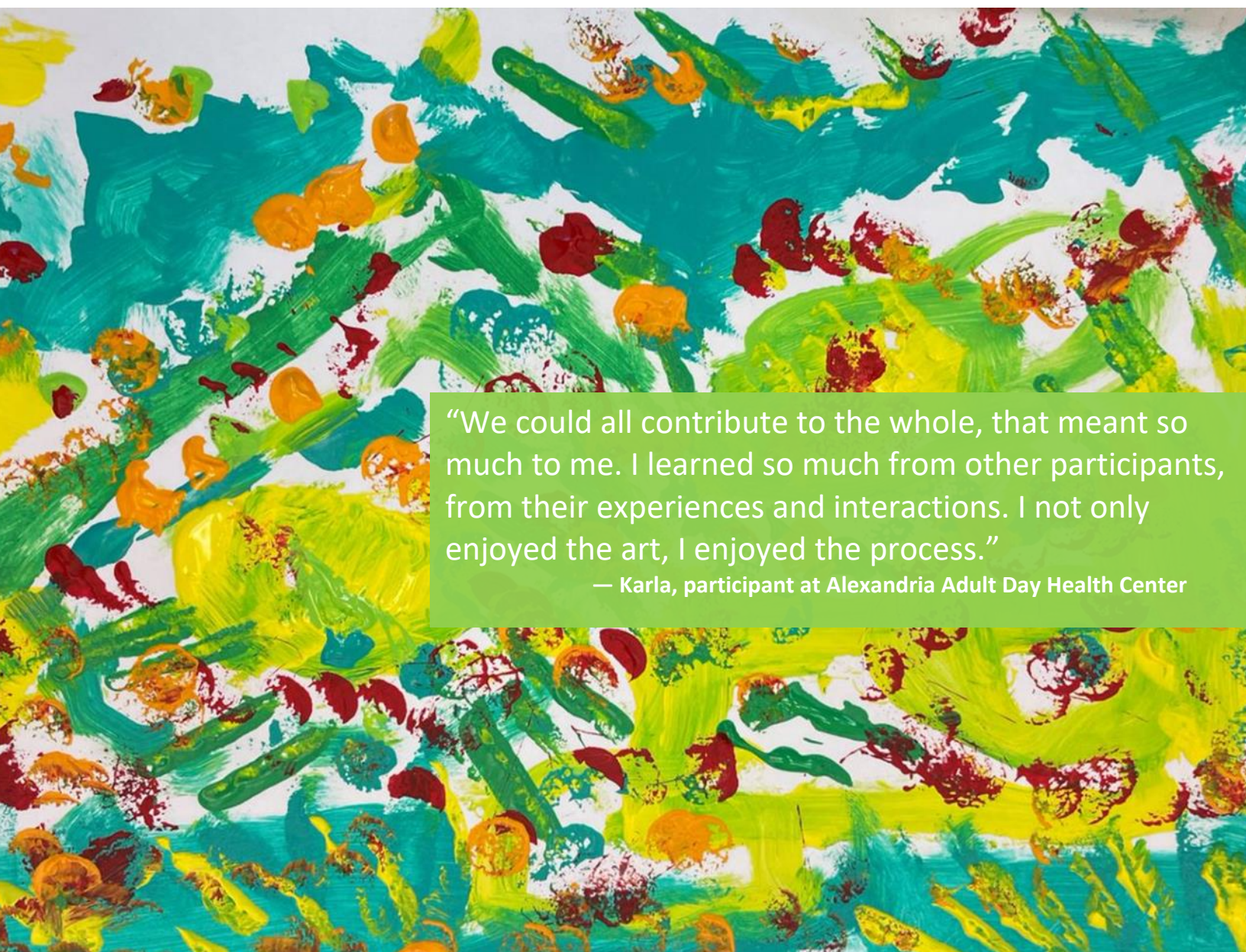




ARTS FOR THE AGING



“We could all contribute to the whole, that meant so much to me. I learned so much from other participants, from their experiences and interactions. I not only enjoyed the art, I enjoyed the process.”

— Karla, participant at Alexandria Adult Day Health Center

Program Guide 2023-2024

PROGRAM GUIDE

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



Arts for the Aging was founded in 1988 by renowned artist, scientist, and philanthropist Lolo Sarnoff when she was 72. Her vision for the organization grew out of her work with the National Institutes of Health which showed that art-making improved moods and behaviors in people with Alzheimer's disease. Today, we are a nationally recognized model in the growing field of creative aging with a vision to demonstrate excellence in

multidisciplinary, participatory, and inclusive arts programming for older adults and caregivers with diverse abilities and backgrounds. As a regional human services provider in Greater Washington D.C. we engage older adults, family and professional caregivers, professional artists, community partners in aging services, cultural and academic institutions, volunteers, and intergenerational collaborators in the therapeutic joys of artistic self-expression. A faculty of trained professional teaching artists with diverse arts disciplines and backgrounds lead our programs.

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; client groups that wouldn't otherwise have access due to affordability, availability, or ability to use such programs.

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 clients: community and residential care settings -- adult care centers, community centers, senior centers, memory cafés, continuing care retirement communities, 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--those designed to engage creative expression, inspire empathy and respect, foster communication and belonging, and promote social connection--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, Clients, Teaching Artists, and Staff (How We Do It)

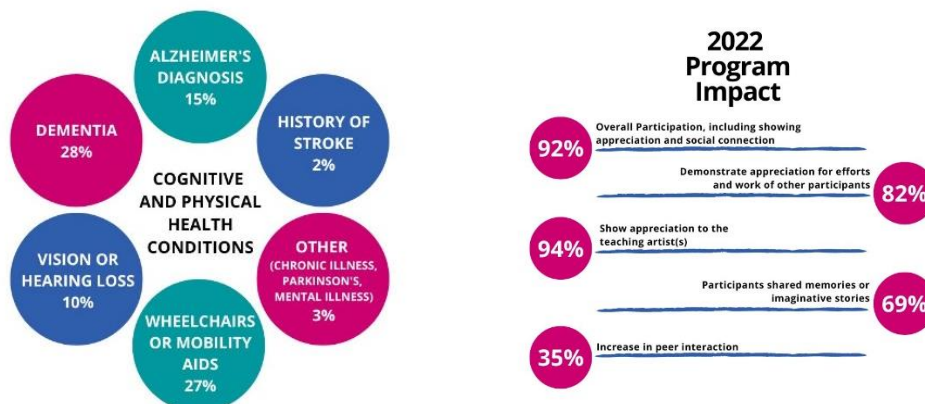


Arts for the Aging's participatory workshops are designed to engage older adults and caregivers in artistic self-expression and art-making. Workshop curricula includes drawing, painting, music, singing, creative writing, storytelling, expressive arts, poetry, dance, photography, creative movement, and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

programming to support healthy aging and caregiving. 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 346 multidisciplinary artist-led programs taking place over a 12-month period in 2022 at 40 client locations in Greater Washington D.C.



SAMPLE PROGRAMMING

The self-expression and socialization ignited by our programs spark imagination and memory, lift spirits, and create social bonds integral to happiness, vitality, and good health. This is why we call our signature program, *Joy in Generation*. 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 clients, seniors, and Arts for the Aging Teaching Artists.



Workshops are also available as single, episodic programs. Clients 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.

"I take notes (during the workshops) in my book so I can look back and relive the experience later."

— **Betty Johnson, participant with the Deaf and Hard of Hearing Senior Program in Ward 8, D.C.**

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

Joy in Generation Live Workshops: These are available in person, and via Zoom. These programs engage older adults as well as caregivers in regular arts engagement that has the therapeutic power to improve physical, cognitive, and emotional health.

Telephonic Programs: Available for clients 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 older adults of all abilities and provide a framework for promoting socialization and connection through the arts.

“We had a blast! It was heartwarming to see joy and smiles on the faces of the residents as they clapped, danced, and sang along to various Holiday songs. Especially after trying times.”

— **Augusta Sannoh, Resident Counselor III, Montgomery County Housing Opportunities Commission, Arcola Towers**

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.

External Teaching Artist Trainings: Arts for the Aging provides teaching artist trainings for organizations wanting to expand their reach to older adults. These trainings focus on our celebrated multi-disciplinary and multisensory approaches for virtual and in-person arts programming for older adults of all abilities. [Learn more here.](#)

We also offer public and virtual exhibitions, lectures, performances, thought leadership, and exchange of best practices with affinity organizations.



SCHEDULING

Arts for the Aging programs are currently scheduled in three-month seasons. Clients 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 clients 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, photography, expressive arts, musical theatre, and theatrical improvisation.

For detailed information about scheduling and teaching artists, visit the [website](http://www.artsfortheaging.org).

SAMPLE PRICING

Workshop payments subsidize programming for clients in communities throughout Greater Washington D.C. that couldn't otherwise access these programs due to affordability, availability, or ability to use such programs. Through your support, Arts for the Aging can continue to focus resources to communities that need them the most.

Program Type	Program Cost (Subsidized fees and financial aid available to qualifying clients)
Live Virtual or In-Person Workshop	\$280*
Pre-recorded programs (length varies)	Usage fee of \$100 per video
heART Kits	\$20 per kit
Telephonic Programs	Costs vary, please ask for a quote
Caregiver Training Program	Costs vary, please ask for a quote
Caring for Caregivers	\$280*
External Teaching Artist Trainings	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 application](#) available on our website. Subsidized pricing and financial aid are available to qualifying clients.

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