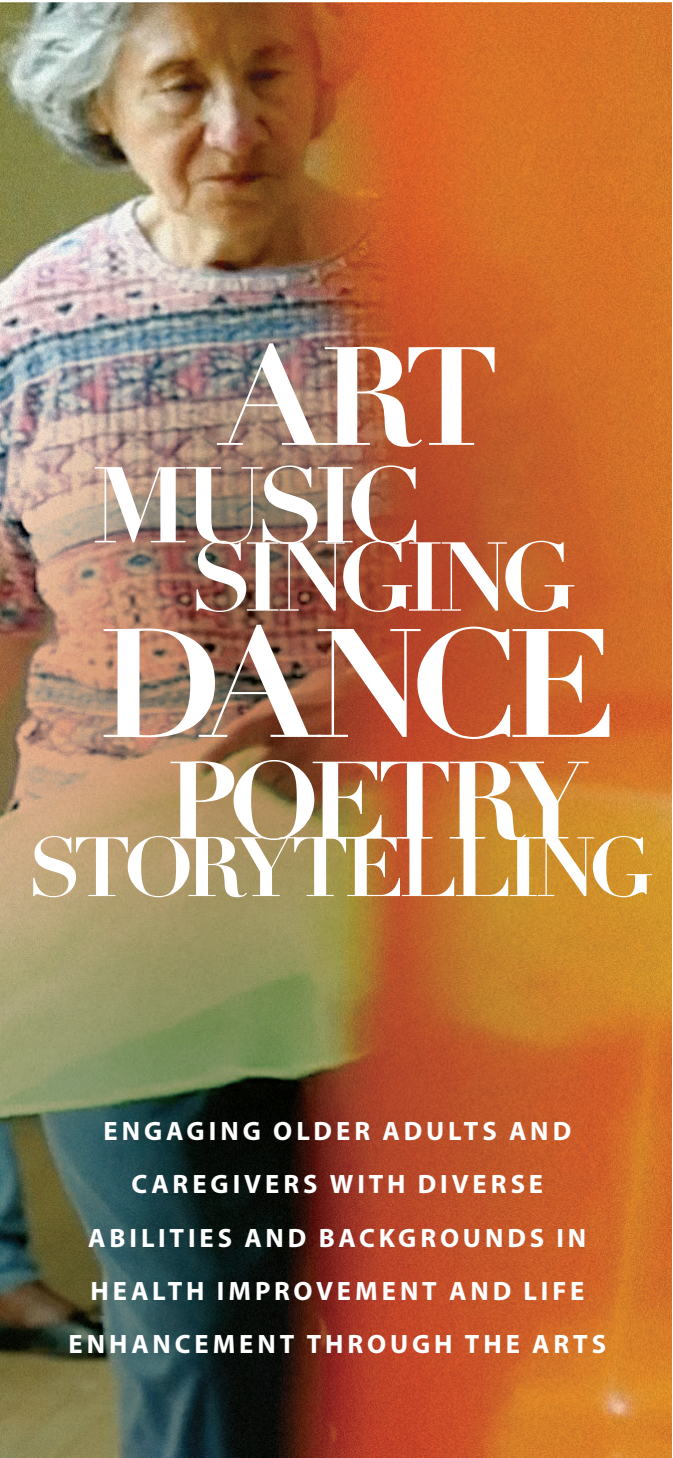




# ARTS FOR THE AGING



ART  
MUSIC  
SINGING  
DANCE  
POETRY  
STORYTELLING

ENGAGING OLDER ADULTS AND  
CAREGIVERS WITH DIVERSE  
ABILITIES AND BACKGROUNDS IN  
HEALTH IMPROVEMENT AND LIFE  
ENHANCEMENT THROUGH THE ARTS

## HOW WE WORK:

Our faculty of professional teaching artists are grounded in diverse art forms, trained in our best-practices, and competitively compensated to design and lead programs. Workshops span visual, musical, performing, literary, interdisciplinary, and intergenerational arts, and take place in-person and virtually. They are designed to meet people 'where they are,' engaging diverse abilities and backgrounds, fostering creative self-expression, and sparking socialization. Our clients are adult care centers, community centers, senior centers, villages, memory cafés, continuing care retirement communities, nursing homes, and affordable housing communities. We collaborate with museums and cultural institutions to co-create programs and enrich impact.

Arts for the Aging is a 501(c)(3) not-for-profit organization founded in 1988. Historically funded through grants and donations that support financial aid opportunities for underserved communities, sliding scale fee-for-service options may also cover program costs.

## DISCIPLINES:

Arts for the Aging teaching artists are professional artists trained in best practices, and experienced in a variety of arts disciplines:

- |                     |                          |
|---------------------|--------------------------|
| Art History         | Music                    |
| Collage/mixed media | Musical Theater          |
| Creative Movement   | Photography              |
| Creative Writing    | Playwriting              |
| Dance               | Poetry                   |
| Drawing             | Singing                  |
| Expressive Arts     | Storytelling             |
| Painting            | Theater                  |
| Museum Outings      | Theatrical Improvisation |

"I can barely see or hear, but I got so much out of this. You lose your senses; you lose half the world. You gave me a gift."

—Participant at Bedford Court Healthcare Center



## PROGRAM TYPES:

- Creative aging workshops
- heART Kits
- Caregiver workshops
- Trainings for teaching artists

## PROGRAM FEATURES:

- Regularly scheduled workshops led by teaching artists with diverse backgrounds and arts disciplines
- Hour-long participatory workshops inspire empathy and respect, foster communication and belonging, and promote social connection
- Workshops, heART Kits, and training content highlight an array of cultures, inspirations, and arts disciplines
- Programs can include intergenerational components, and promote positive attitudes about aging
- Small group sizes provide a person-centered therapeutic experience



“To see everyone in the room contribute a line to the poem was really powerful. It affirmed my belief that we were on the path to success.”

—Rodney Johnson Jr., D.C. Commission on the Arts and Humanities Create and Thrive! teaching artist-in-training

### ARTS PARTICIPATION IS A KEY TO HEALTHY AGING:

Arts for the Aging was founded on a premise which scientific studies now show, that regular participation in the arts contributes to better physical, cognitive, and emotional health. Our services are comprehensive, diverse, and customized. This allows clients 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 community connection.



## MISSION:

Arts for the Aging brings the beauty and therapeutic power of the arts to older adults and caregivers using nationally recognized practices in the growing field of creative aging. Arts for the Aging’s multidisciplinary, participatory, and inclusive programs back our founding premise: that regular engagement in professionally led arts programs contributes to better health.



Above: A Creative Aging exhibition at The Phillips Collection

“You have some talented and compassionate people that work with our senior population.”

—Jackie McCord, Therapeutic Recreational Leader, Alexandria Adult Day Services Center



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