



Creativity and Aging

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Longevity and Healthy Aging Symposium

Objectives

1. Explore creativity in later life
2. Identify the benefits of creativity across the lifespan
3. Discuss techniques used to promote well-being through creativity.

What is Creativity?

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Vs.

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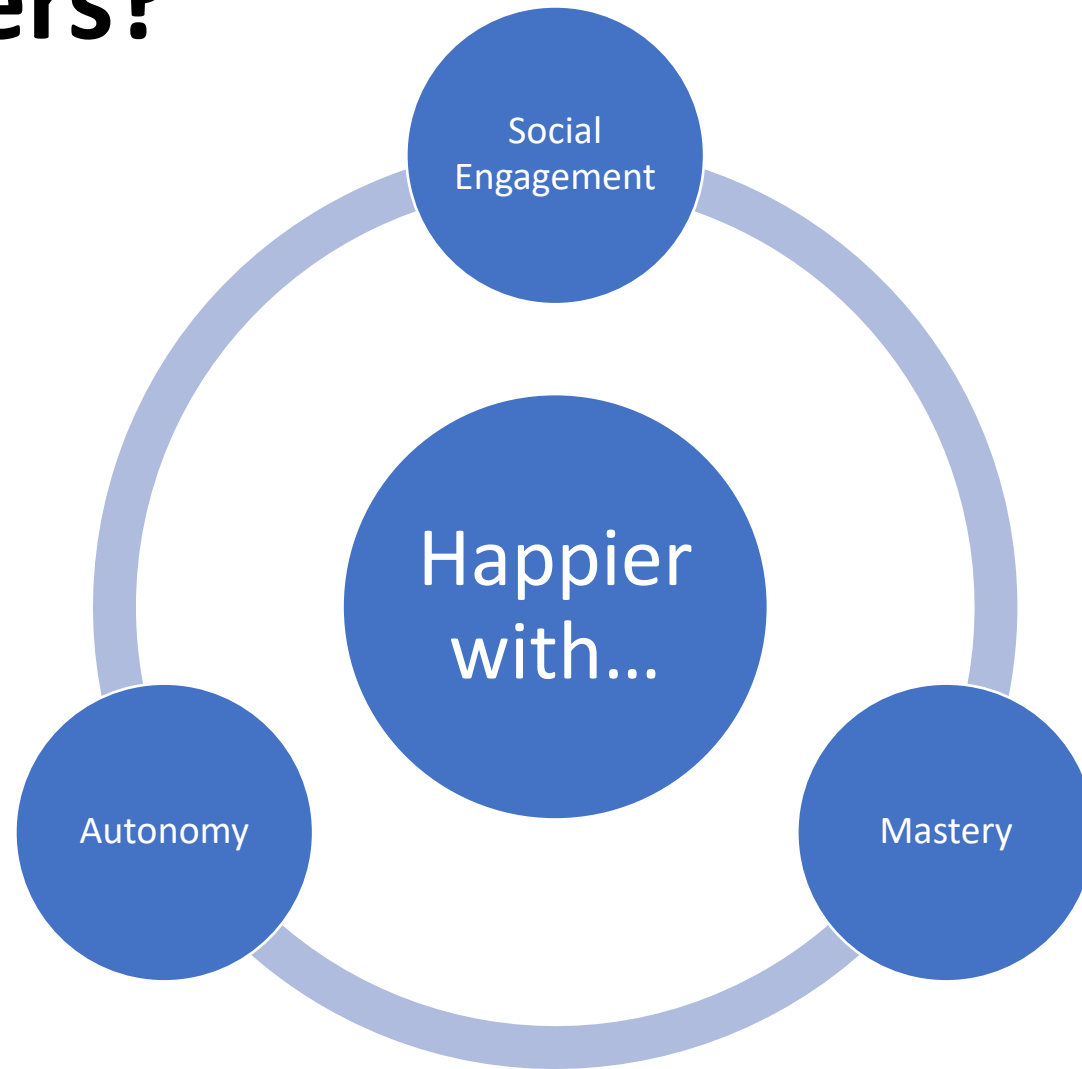
(Merriam, 2013)

Creativity & Aging Study

- Elevated moods
- Increased independence
- Fewer medications
- Fewer doctor visits
- Decrease in depression and loneliness
- Increase in activities

(Cohen, 2006)

What Matters?





REGIONAL OFFICE FOR

**World Health
Organization**

Europe

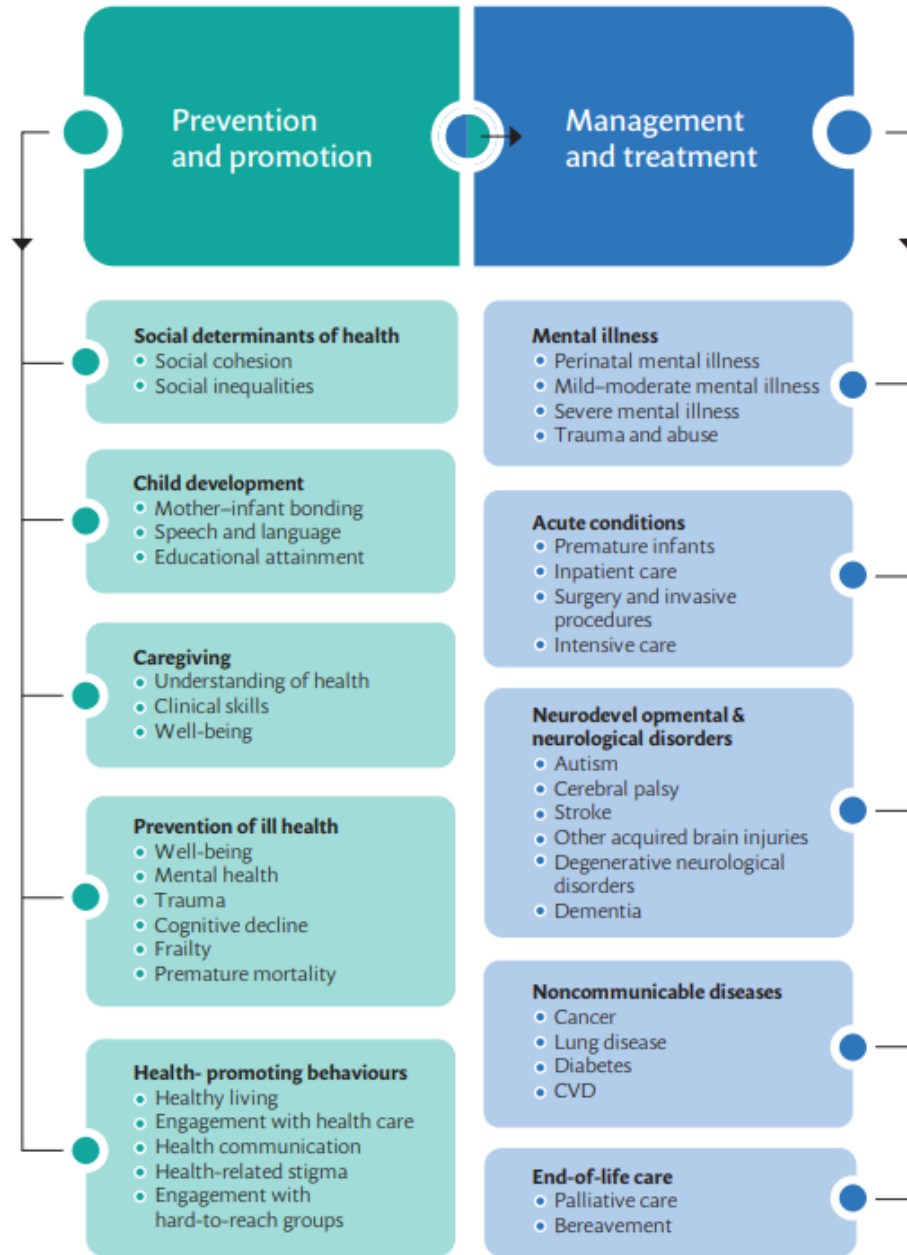
HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn

(Fancourt & Finn, 2019)



(Fancourt & Finn, 2019)

Benefits

1. Reduce risk of depression
2. Build community
3. Life satisfaction
4. Self-reported health
5. Confidence, self-worth, self-esteem
6. Slow cognitive decline
7. Reduce risk of frailty

(Fancourt et al., 2023; Fancourt & Finn, 2019; Wan Make et al, 2023)

Continuity Across the LifeSpan



Carmen Herrera

<http://carmenherrerafilm.com/#carmenherrera>

Continuity Across the LifeSpan

Henri Matisse



(Cohen,)



Sky Above Clouds by Georgia O'Keeffe
(<https://www.flickr.com/photos/edenpictures/9472736372>)

Late Life Creativity



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Effective Programs

1. Enhance mastery and social engagement
2. Transform communities
3. Motivation to act
4. Invite diverse perspectives
5. Engender empathy
6. Facilitate healing
7. Explore new actions/roles/relationships
8. Question assumptions about how knowledge is created.

(Lawrence, 2012)

Programming

- New Horizons Orchestra - <https://newhorizonsmusic.org/>
- Music and Memory - <https://musicandmemory.org/>
- TimeSlips Creative Storytelling - <https://www.timeslips.org/>
- Dance for PD - <https://danceforparkinsons.org/>
- Creative Aging Resource - <https://creativeagingresource.org/>
- Lifetime Arts - <https://www.lifetimearts.org/creative-aging/>
- Alzheimer's Poetry Project – <http://www.alzpoetry.com>
- The Creative Caregiving Guide - <https://caregiving.scrippsoma.org>
- Opening Minds through Art - <https://scrippsoma.org/>
- Meet Me At MoMA - https://www.moma.org/visit/accessibility/meetme/practice/families.html#families_artoutings
- Creative Caregiving Guide - <https://scrippsoma.org/creative-caregiving-guide/>

References

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