Creative Aging Programs:  
Caring for Older Adults with the Arts Therapies  
August 31 – September 1, 2018,  
10 am – 17:15 pm,  
Räägu 49, Tallinn, room 317

Goals: This program will give an overview of creative aging and the arts therapies, and how they contribute to improved health and well-being, interpersonal connection, and self-esteem. Participants will learn about care opportunities that arise as a result of changes in creativity in old age, gain hands-on experience in how the arts therapies work, and gain useful resources for developing a creative aging program.

Day 1
Part 1: Open Lecture Topics (some ideas for 3 hours)
- What is Creative Aging? Benefits of Creative Aging
- Overview of the Arts Therapies and how they work with Older Adults
- Theories of Human/Creative Development in Old Age
- Examples of Creative Aging Programs
- Cost effectiveness of Creative Aging Programs

Part 2: Experientials
- Beliefs and feelings about aging experiential
- Client/Art Therapist role play experiential

Day 2 Experiential
Art making experientials that will demonstrate:
- Ways to build community
- How structure allows for freedom
- Power of nonverbal communication
- Generate ideas about how to add arts therapies to your organization

Theoretical Background
Human Development:

Creative Development:


Creative Aging:


Arts Therapies: