

**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:

- Tornstam, L. (2005). *Gerotranscendence: A developmental theory of positive aging*. New York, NY: Springer.
- Tornstam, L. (1999). Transcendence in Later Life. *Generations*, 23(4), 10.
- Span, P. (2010). Aging's misunderstood virtues. *The New York Times*, August 30, 2010.

Creative Development:

- Flood, M., & Phillips, K. (2007). Creativity in older adults: A plethora of possibilities. [Electronic version]. *Issues in Mental Health Nursing*, 28, 389-411.

- Lindauer, M. S., Orwoll, L., & Kelley, M. C. (1997). Aging artists on the creativity of their old age. *Creativity Research Journal*, 10(2–3), 133–152.
doi:10.1080/10400419.1997.9651214
- Reed, I. (2005). Creativity: Self-perceptions over time. *International Journal of Aging and Human Development*, 60(1), 1-18.
- Sasser-Coen, J. R. (1993). Qualitative changes in creativity in the second half of life: A life-span developmental perspective. *Journal of Creative Behavior*, 27(1), 18–27.
doi:10.1002/j.2162–6057.1993.tb01383.x

Creative Aging:

- Cohen, G. D., Perlstein, S., Chapline, J., Kelly, J., Firth, K. M., & Simmens, S. (2006). The impact of professionally conducted cultural programs on the physical health, mental health, and social functioning of older adults. *The Gerontologist*, 46(6), 726-734.
- Cohen, G. D. (2009). New theories and research findings on the positive influence of music and art on health with ageing. *Arts & Health*, 1 (1), 48-63.

Arts Therapies:

- Rogers, C. R. 1. (1995). *On becoming a person: a therapist's view of psychotherapy*. Boston: Houghton Mifflin.
- Rogers, N. (1993). *The creative connection: Expressive arts as healing*. Palo Alto, Calif: Science & Behavior Books.
- Stephenson, R.C. (2013). Promoting wellbeing and gerotranscendence in an art therapy program for older adults. *Art Therapy: Journal of the American Art Therapy Association* 30 (4).