



FLOURISHING

Transformation and the Creative Art of Aging

NCCA Professional Development | Arts Impact Ohio



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NATIONAL CENTER FOR
CREATIVE AGING



The National Center for Creative Aging is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging and to developing programs that build upon this understanding.

NATIONAL CENTER FOR
CREATIVE AGING



a national arts
service organization
designated by the
NEA that serves the
spectrum of aging
through—

- Capacity Building
- Policy & Public Awareness
- Research & Development



when | think of aging | imagine...



Winners of the 2014 Beautiful Minds Campaign presented by NCCA and DSM Nutritional Products



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*Envision a world
where every individual
flourishes across their
lifespan through
creative expression...*

NATIONAL CENTER FOR
CREATIVE AGING 

CreativeAging.org

imagine one **creative** moment...

in that moment | experienced...

a transformational **foundation**

FLOURISHING



Positive **Emotion**
Engagement
Relationship
Making **Meaning**
Mastery

Gene Cohen, *The Creative Age*

Martin Seligman, *Flourish*



transformation creativity **longevity**

transformational **impact**

Creativity & Evidence-Based Impact

- **Vital evidence-based efficacy & positive physical, mental, emotional, & social impact** of creative arts and humanities interventions with aging populations
- **Improved health, higher quality of care**, resilience, and quality of life across the spectrum of aging
- **Effective for aging adults & their caregivers** by mitigating long-term depression and anxiety related to chronic conditions, and enhancing quality of life
- **Reducing social & healthcare costs**, enhancing professional provider resilience, and strengthening networks of care.



Alzheimer's Poetry Project



Health Impact Data:

Increased one-on-one physical, verbal, and emotional connection in participants.

Green (2009)

Opening Minds Through Art (OMA)

Miami University | Scripps Gerontology Center

Health & Social Impact Data:

- Increased pleasure
- Increased engagement
- Improved well being (*Sauer, Fopma-Loy, Kinney, Lokon, 2014*)
- Care partners' attitudes toward aging and dementia become more positive (*Lokon, Kinney, Kunkel, 2012*)



Kairos Dance – The Dancing Heart

Health Impact Data:

- Decreased amount of falls
- Improved balance
- Improved flexibility
- Improved cardio, respiratory, & endurance *(Resnick 2003)*



The MoMA Alzheimer's Project

Museum of Modern Art | New York, NY



Health Impact Data:

- Positive mood change in persons with Neuro-Cognitive Disorders and caregivers
- Increased self esteem in both people with NCD and caregivers (Rosenberg, et al. 2009)



Songwriting Works



Health & Social Impact Data:

- Increased social engagement
- Increased communication (*Allison 2008*)



TimeSlips Project

Health & Social Impact Data:

- Participants experienced a heightened degree of pleasure
- Improved communication skills that continued post-intervention (Philips, Reid-Arndt, and Pak 2010)
- Increased staff-resident interactions, social interactions, and social engagement
- Staff in the TimeSlips communities developed more positive views of people with NCD (Fritsch, et al. 2009)



creativity as a radical **catalyst**

accessible, evidence-based **models**

Integrated Placemaking



EngAGE Artist Colony
Los Angeles CA



Living History through Community



OCT
5

LEGACY ARTS: Writing from Life
Experience in Morningside
Heights!
Oct 5, 2015 – May 23, 2016



NOV
17

LEGACY ARTS: Journeys Through
Collage in Brooklyn!
Nov 17, 2015 – May 10, 2016



MAY
10

FINAL EXHIBIT: Journeys
Through Collage
May 10, 2016



ESTA Elders
Share the Arts
Brooklyn NY

Lifelong Learning



Stagebridge
Senior Theatre
Oakland CA

**2016 PERFORMING
ARTS CAMP for OLDER
ADULTS**

OUR PERFORMING ARTS CAMP
WILL TAKE PLACE THE WEEK OF
JULY 11-15.

**CLICK HERE FOR A SCHEDULE
AND TO REGISTER**



NATIONAL CENTER FOR
CREATIVE AGING



The NCCA Creative Caregiving Initiative[®]

Flourishing through the Art of Caregiving

A free, web-based and community-shared resource for family and professional caregivers of adults who live with Alzheimer's disease and related cognitive disorders.

CreativeAging.org



“Next Generation” Partnerships

Opening Minds
through Art
Oxford, OH

The screenshot displays the website for the Scripps Gerontology Center at Miami University. The header includes the university logo, navigation links (About, Research, Academics, News and Events), and a search bar. A featured article titled "Opening Minds through Art" is highlighted, with a video player showing a person painting. The article text states: "Opening Minds through Art When Miami undergraduates are paired with older adults with dementia, something beautiful happens—friendships form and lives change." The video player includes a play button and a progress bar. The bottom of the page shows "SLIDE 19 OF 32" and social media icons for notes and comments.

what shall **we create** together?

our **next** step is...



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NATIONAL CENTER FOR
CREATIVE AGING 

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THE CREATIVE AGE

Global Perspectives on Creativity & Aging | 2016 NCCA Leadership Exchange and Conference

24-28 SEPTEMBER 2016
WASHINGTON, DC

REGISTER TODAY

THE CREATIVE AGE 2016 | ENLARGE YOUR WORLD!

161
Days

5
Hours

43
Minutes

34
Seconds

2016 THE CREATIVE AGE FEATURED SPEAKERS

As of April 2016 | Use scroll dots below to explore additional featured speakers



JANE CHU

Chairman, National Endowment for the Arts |
United States (Invited)



BILL CLEVELAND

Director, The Center for the Study of Art and
Community | United States



DAVID CUTLER

Director, The Baring Foundation | United
Kingdom



KARSTEN KLEIN

Deputy Mayor of the Hague | Netherlands

Join the world in Washington DC!

24-28 SEP 2016

CreativeAging.org



Come flourish with the
National Center for Creative Aging!



- Communities of Practice
- Online Artist Training
- NCCA Creative Caregiving Guide
- Registry & Field Guide
- Organizational Membership
- Webinars & Consultancies
- International Conferences, Symposia, Workshops

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