CREATIVE AGING AND COMMUNITIES OF PRACTICE

NATIONAL ASSEMBLY OF STATE ARTS AGENCIES, NOVEMBER 13, 2014
Panel

Gay Hanna, National Center for Creative Aging
Sue Gens, Minnesota State Arts Board
Julie Richard, Maine Arts Commission
Chuck Winkler, Texas Commission on the Arts
Beth Bienvenu, National Endowment for the Arts
Aging Population – People over 65

- **2009**
  - 39.6 million
  - 12.9% of population

- **2030**
  - 72.1 million
  - 19% of population

- **2050**
  - 88 million
  - 20.2% of population

Source: Administration on Aging
More people will be living into their older years
Older Population by Age: 1900-2050 - Percent 60+, Percent 65+, and 85+

Source: Administration on Aging
NEA Support – NCCA

Directory of Creative Aging Programs in America
Online Artist Training in Arts and Aging

The NCCA Online Artist Training in Arts and Aging, funded by the National Endowment for the Arts, The Michelson Foundation, and MetLife Foundation, is a free online course for teaching artists interested in learning how to lead lifelong learning programs in the arts that engage older people as creators. This self-guided training offers an introduction to philosophy, key concepts, methods, and current research from the field of arts in aging. It introduces readers to the life story-based methods developed by Suzan Peresien and Bikers Share the Arts, as well as several other approaches and techniques, offering an array of exercises and case studies that exemplify the work that is happening in the field today.

The training covers topics such as the aging process, the creative potential of older adults, and how to identify community partners in aging, arts, and health-related services. It also provides information on how to adapt instructional techniques for different populations of older adults, from those who live independently to those who are in long-term care and those with Alzheimer's disease and related neurocognitive disorders. Lastly, it provides guidance on how to plan, implement, and evaluate arts programming for older populations. This training is free and designed for each person to complete it at their own pace. We anticipate it will take 12-15 hours to complete. Visit the training now.

For more resources pertaining to teaching artist training please email lfitzgerald@creativeaging.org
NEA Support – Research

- Interagency Task Force on the Arts and Human Development
  - Goal: More research on the impact of the arts on all stages of life
  - Agencies include US Dept of Health and Human Services, National Institutes of Health, US Dept of Education
  - Quarterly meetings and public webinar series
  - NIH support for research into arts therapy for symptom management in palliative care settings
White House Mini-Conference on Creativity and Aging in America

Convened to develop recommendations for the 2005 White House Conference on Aging concerning the importance and value of professional arts programming for, by, and with older adults.

2015 convening is in the works!
Gay Hanna, PhD, MFA
Executive Director
National Center for Creative Aging
The Atlantic

THE NEW SCIENCE OF OLD AGE

What living to 100 will mean for you and for society...
By Gregg Easterbrook

...and why I hope to die at 75
By Ezekiel J. Emanuel
National Center for Creative Aging

A national service organization dedicated to fostering the vital relationship between creative expression and healthy aging.

● Research
● Policy
● Practice
“What has been universally denied is the potential. The ultimate expression of potential is creativity.”
– Dr. Gene Cohen
Creativity and Aging Research

Research Indicators:

• Social engagement

• Mastery

"One good thing about this class, and writing, is that it sharpens your memory."

- Edith, Writing from Life Experience (ESTA)
  Morningside Retirement Health Services
Findings

• Better health
• Less doctor visits
• Less medication
• Increase in activities and social engagement
• Projected Health Care Costs Savings: 
  $.08/day = $1 billion/year in Medicare D
Policy
Practice

- Directory
- Artist Tool Kit
THE CREATIVE AGE
National Leadership Exchange & Professional Development Institute on Creative Aging in America

May 19-21, 2015 Washington, DC

JOIN US
ENGAGE State Communities of Practice Initiative in Arts, Health & Aging
ENGAGE: State Communities of Practice Initiative in Arts, Aging & Health

Aging Services
State Arts Agencies
Health Services
Arts & Culture Orgs

Increased capacity to serve older adults through arts and culture
ENGAGE Year Two

- Expanded learning community of 26 state arts agencies
- Professional development
  - Quarterly teleconferences
  - Ongoing technical assistance
  - Peer-to-peer mentoring
  - Capacity-building tools
- 2015 White House Conference on Aging
HOW WE GOT HERE

- BACK IN PHOENIX
- RESEARCH funded by Virginia G. Piper Trust
  - National Center for Creative Aging – Gay Hanna
  - Timeslips – Anne Basting
  - Encore Chorus – Jeanne Kelly
  - Kairos Dance – Maria Genne
  - MN Creative Arts & Aging Network
  - Lifetime Arts – Ed Friedman & Maura O’Malley
- WROTE BUSINESS PLAN
IN MAINE

PRIOR TO 2013

- University of New England, Geriatric Education Program
  - Living Arts, Living Well
  - Utilizing Master Artists from our Traditional Arts Apprenticeship Program
Became one of 17 states participating in ENgage: State Communities of Practice in Arts, Health and Aging, sponsored by the National Center for Creative Aging and the National Assembly of State Arts Agencies (NASAA), the program provides professional development, technical assistance and resource opportunities for state arts agencies working in the field of creative aging.

Hired Kathleen Mundell to develop and oversee the Program in November 2013.
Grounded in the belief that the arts play a powerful role in enhancing the quality of life of older adults, the Maine Arts Commission’s Creative Aging Program is designed to generate new creative opportunities for older adults.
The program emphasizes lifelong learning, social engagement and mastery of skills by:

1. Developing replicable models.
2. Training artists and organizations in the field of Creative Aging.
3. Supporting Creative Aging programs on a local level.
WHAT WE’VE DONE

TEACHING ARTIST TRAINING

- Two workshops: Portland & Winter Harbor
- Lifetime Arts
- Pre-requisite for inclusion in the Teaching Artist Directory
- 40 artists participated in the two workshops
This free online directory features Maine-based professional artists trained in Creative Aging who are available to conduct high-quality, participatory arts programs for older adults in a range of community settings including senior centers, libraries, assisted and independent living facilities and cultural centers.

[Teaching Artist Directory]
WHAT WE’VE DONE

PILOT PROGRAMS

- Schoodic Arts for All
  - Winter Harbor

- Beehive Collective
  - Machias

- Tree Street Youth
  - Lewiston

$9,000 total investment
WHAT WE’VE DONE

CREATIVE AGING PARTNERSHIP PROGRAM

Supports artists from the Creative Aging Teaching Artists Directory in community settings by offering six to eight week sequential instruction that engages older adults in meaningful creative activity, incorporates creative aging principles of social engagement and mastery and promotes intergenerational exchange.

Up to 10 - $1,000 grants
First Round – Winter 2015
BUILDING AGING FRIENDLY COMMUNITIES
TASK FORCE

- Created by Speaker of the House and Maine Agency on Aging
- Focusing on issues relevant to older adults:
  - Housing
  - Transportation
  - Aging Friendly Communities
- Result in Legislation – Spring 2015
Future Plans

- Offer *Timeslips* workshop to Teaching Artists in Spring 2015
- Conference for UNE Health Care workers in June 2015
- Writing article for UMaine’s Margaret Chase Smith Policy Center Policy Review magazine on Aging – Spring 2015
CONTACT INFO:

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207.287.2710

Kathleen Mundell, CA & Traditional Arts Program Director
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COMMUNITIES OF PRACTICE

Creative Aging in Texas
The Facts

- The 60+ population in Texas is expected to increase by nearly 50% in the next few decades.
- 14% of the 25 million Texans are over the age of 60.

Mom and Dad

Me
**THE PLAN**

- Survey our constituents
- Create a database
- Locate service providers
- Foster partnerships
- Host webinars
- Increase grant funding
THE QUESTIONS

- If your organization is serving our aging population, please briefly tell us what arts-based programs you are providing. Please include contact information for the person on staff who runs this program.

- If you are aware of a social service organization for senior citizens in your area that has an arts-based component to their programming. What are those organizations? Have you partnered with them? Please include a contact person at the organization, if possible.
The Results

- 3,434 Arts Organizations and Artists Reached
- 30.50% of the Surveys Were Opened
- 65 Organizations Answered With Examples of Programs
- Heightened Awareness in the Community
- Increased Number of Programs Funded
  - FY 2013-FY 2014 Health and Human Services Grants for Creative Aging increased by 21%
THE PROGRAMS
THE PROGRAMS
THE PROGRAMS
THE PROGRAMS
The Future
THANKS!

Chuck Winkler
Program Administrator/ADA Coordinator
Texas Commission on the Arts

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(512) 936-6575
Minnesota and the NCCA Communities of Practice

National Assembly of State Arts Agencies
November 2014
Why...

More 65+ Than K-12 Age by 2020
Puts Added Pressure on Three Major Cost Drivers in the State Budget

Minnesota Population by Age Cohort

Census & State Demographer Projection, Revised 2007
Approach …

- Infrastructure
- Capacity building
- Coalition building
Activities/Results …

• Grants
  Arts Access, Arts Learning, Partners in Arts Participation

• Training
  100 artists/arts organizations | 10 artist trainers
  *Introduction to Aging* workshops

• Roundtables

• Statewide conference
Sustainability …

• Other networks
  Position the work to achieve health, human service, quality of life outcomes

• Private philanthropy
  Funders coalition for aging services
Minnesota State Arts Board

Sue Gens
(651) 215-1609
sue.gens@arts.state.mn.us
www.arts.state.mn.us

ArtSage

Tammy Hauser
(952) 473-0228
tammy@artsagemn.org
www.artsagemn.org
NEA Support for Creative Aging

- Grants – 47 projects funded in FY13-FY14
- $900,000 in funds, not including funding through state and regional partnerships
EngAGE, Inc – Burbank, CA

Community-based multidisciplinary arts program with free classes & events for low-income seniors at senior apartment communities. Includes acting, painting, writing, sculpting, & assemblage art, culminating in art shows, performances, staged readings & radio pieces.
Marshall County RSVP – Guntersville, AL

Multi-day mountain dulcimer workshop for older adults, culminating in a concert of traditional music.
Questions

NEA Office of Accessibility
Phone: 202.682.5532
Email: accessibility@arts.gov
Web: www.arts.gov/accessibility