



ARTS FOR THE AGING



ART MUSIC SINGING DANCE POETRY STORYTELLING

ENGAGING OLDER ADULTS AND
CAREGIVERS IN HEALTH IMPROVEMENT
AND LIFE ENHANCEMENT
THROUGH THE ARTS

HOW WE WORK:

Arts for the Aging trains and employs a faculty of professional teaching artists. They lead workshops in-person or virtually for groups of older adults and caregivers, especially those living with the effects of physical and cognitive impairments in aging. We focus our reach especially to community and residential care settings such as adult care centers, community centers, senior centers, memory cafes, assisted living communities, nursing homes, affordable housing, senior living communities—and with museums and cultural institutions.

Arts for the Aging is a 501(c)(3) not-for-profit organization. Workshop fees provide financial support, and donations from individuals, corporations, and philanthropic institutions subsidize programming with underserved communities.

DISCIPLINES:

Arts for the Aging teaching artists are professional artists trained in best practices, and experienced in a variety of arts disciplines:

Art History	Museum Outings
Collage	Music
Creative Movement	Musical Theatre
Creative Writing	Photography
Dance	Poetry
Drawing	Singing
Expressive Arts	Storytelling
Painting	Theater
Mixed-media	Theatrical Improvisation

"I loved being able to participate! It was fun and different and I was in a good mood for the rest of the day."

—Participant from Insight Memory Care Center



PROGRAM TYPES:

- Live Workshops
- Telephonic Workshops
- Pre-recorded Programs
- heART Kits
- Community Art Workshops
- Caregiver Trainings
- Caring for Caregivers
- Customized Programs

PROGRAM FEATURES:

- Weekly and bi-weekly workshops with a wide variety of multi-disciplinary teaching artists and media
- Hour-long workshops emphasize socialization, community connection, and participation at any level of ability
- Workshop materials and content highlight an array of cultures, inspirations, and art styles, encouraging meaningful interaction
- Programs can include intergenerational components, bridging the wisdom of elders with youthful exuberance, and promoting positive attitudes about aging
- All programs focus on small group sizes to provide a person-centered therapeutic experience

"It's interesting to interact with participants online after having them in live workshops ... some really seem to shine in this new way of meeting virtually ... more engaged and expressing more."

—Teaching Artist Peter Burroughs

PHYSICAL AND MENTAL STIMULATION ARE KEY TO HEALTHY AGING:

Arts for the Aging was founded on a premise, which scientific studies now prove, that regular participation in the arts by older adults helps to minimize physical and cognitive impairments in aging, and contributes to better physical, intellectual, and emotional health. Our service is comprehensive, diverse, and customized. This allows client partners to focus on the delivery of safety-net services, activities of daily living, and occupational and physical therapies. By providing a frequent source for high-quality arts interventions, we offer reliable and cost-effective therapeutic innovations that minimize strains on health and economic resources and maximize well-being and productivity in older adults and caregivers.



MISSION:

Arts for the Aging brings the arts to older adults and caregivers in the Greater Washington D.C. region. It is a recognized national model in the field of creative aging. Since 1988, Arts for the Aging has been a pioneer in the design, development, and delivery of artist-led, multi-disciplinary, participatory arts programs in aging services. Research confirms that frequent participation in high-quality arts experiences contributes to better health and well-being, reducing feelings of isolation and loneliness.



Above: A Creative Aging exhibition at The Phillips Collection

"Arts for the Aging adds joy, beauty and energy to our program, and I (along with the rest of the KC staff and the members) so appreciate the way in which the artists make each video an experience."

—Dana Tate, Thome Kensington Club



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GREATER WASHINGTON

