

**Art is known to increase  
creativity by**

**64%**

**and reduce stress by**

**78%**

**SENIORS CREATING ART class  
participants share the effects of  
art programs in their lives**

" This program gives me respite  
from being a full-time caregiver.  
In the moments I'm in class, I am  
totally focused only on creating. "

" The impact is enormous.  
It makes me happy, proud, chases  
away depression. Learning new skill  
keeps me feeling young. Takes my  
mind off my ARTHRITIS.  
Makes my soul glow! "

" I'd had a difficult time for months  
after the death of my dearest  
friend, and art programs helped  
bring me out of my sadness "

" Seniors Creating Art programs  
make seniors' lives vastly better! "



**SENIORS CREATING ART**



## **Effects of Art on the Health and Wellness of senior citizens**

*These studies will change the way  
your community thinks about art!*



## **Get In Touch**

**For more information about  
SENIORS CREATING ART  
program offerings, reach out!**

### **Email**

🌐 [Info@seniorscreatingart.org](mailto:Info@seniorscreatingart.org)

🌐 **SENIORS CREATING ART website**  
[www.seniorscreatingart.org](http://www.seniorscreatingart.org)

🌐 **ART ON DEMAND**  
<https://artondemand.vids.io>

## THE MISSION OF SENIORS CREATING ART

*To inspire hope and purpose in seniors  
by providing access to create art.*

Studies from around the world show time and time again, the amazing benefits that participating in creative arts programs has on the health and well-being of senior citizens.

In 2001, the National Endowment for the Arts developed a **multisite national study with the aim of measuring the impact of professionally conducted community-based cultural programs on the general health, mental health, and social activities of older persons**, referred to as the Creativity and Aging Study.

At the conclusion of the study, the results point to **powerful positive intervention effects of these community-based art programs** run by professional artists.

NEA studies show participation in art programs provide true health promotion and disease prevention effects.

## NEA studies discover...

seniors participating in community-based art programs **improved on the depression assessment scale** and were **involved in more social activities** in general.

studies show a positive impact on **maintaining independence** and on **reducing dependency** for seniors.

### Staggering results reveal... participation in art programs

- Reduces doctors visits
- Reduces prescription medication usage
- Reduces falls
- Creates overall better health in seniors!



Participating in arts programs reduces depression and loneliness in senior citizens.

There are many painful diseases that affect seniors. Such diseases include arthritis and hypertension, among countless, others.

**Art can provide these seniors with some way of relieving pain and stress.**

Art therapy engages the arms, hands, and fingers. It promotes dexterity, better blood flow, and mental stimulation. Seniors who use art to relax experience less pain and feel more flexible.

### How will having thriving arts programming help your community?

- Reduce stress on your nursing and med-management team, due to a reduction in prescription and over-the-counter medication usage
- Reduce visits and calls to the State reporting falls, due to fall reduction
- Experience less agitated residents due to the calming effects that creating art provides
- Residents will find opportunities to socialize, reducing loneliness and its devastating effects
- Participants will feel overall better health, well-being, and happiness!