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!"

For more information about Seniors Creating Art program offerings, reach out!

Email
Info@seniorscreatingart.org

Seniors Creating Art website
www.seniorscreatingart.org

ART ON DEMAND
https://artondemand.vids.io

Effects of Art on the Health and Wellness of senior citizens

These studies will change the way your community thinks about 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 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!

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!

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.

THE MISSION OF SENIORS CREATING ART

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

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

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