Arts & Health: Healthy Aging through the Arts is an innovative project in Canada that highlights the need for new ways to think about and serve our aging population. It is a new model for seniors programming, toppling stereotypes about aging, and showcasing community-engaged arts as a cornerstone in the health, well-being and resilience of older adults.

Our success in achieving positive health outcomes through community-engaged arts programming is well documented in current research.

To support Arts & Health or learn about starting a project in your community, contact us:

604-718-5857
info@artsandhealth.ca

Mailing Address:
Moberly Arts & Cultural Centre
7646 Prince Albert Street
Vancouver, BC V5X 3Z4

“A Dynamic Future

Arts & Health has been delivering community-engaged arts programming for more than a decade. When the inaugural Arts & Health project completed its three-year tenure in 2009, seniors, artists and seniors workers all expressed a strong desire for programming to continue, and each year new sites have been added.

We develop sustainability and transition strategies to help existing project sites become independent, and create opportunities for new groups to develop this project model. This allows us to spread the benefits of Arts & Health programming across a broad geography, and to reach a large population of vulnerable seniors.

Join Us

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“Arts and Health Project brings out our happiness and sadness. It helps us recollect our memories, life experience and individual stories, with laughter and tears. We forgot our age, health, limits and pain when we go to Strathcona every Tuesday. We feel younger. We support each other.”

Participant Choi Sau Ching

Arts & Health: Healthy Aging through the Arts

Healthy Aging Through the Arts

Arts & Health works to connect older adults with programming, arts and seniors organizations with partners, and community-engaged artists with organizations committed to creative aging. Sustained funding and policy support is required to grow this model so that all older adults have access to the health benefits of professionally-led collaborative artmaking.
About Arts & Health

In our community engaged arts programs, we bring seniors and Elders together with professional artists to create art which contributes to their communities. Participants collaborate on contemporary, challenging art projects where they develop new skills and social connections over time.

Arts & Health was created to address the need for a new generation of programming for a growing seniors population. Our professionally-led arts programs bridge the gap in services between those for healthy older adults and those for frail or vulnerable seniors who are in care.

We aim to create strong, healthy communities that engage seniors and Elders as full and active participants, and that value the arts as a key contributor to health. Programs are delivered by organizations with close ties to the community and mandates focused on health, community recreation and/or art participation, in partnership with the Vancouver Board of Parks and Recreation and Vancouver Coastal Health. Arts & Health provides a forum for expression, communication, exploration and imagination, which in turn fosters an improved sense of health, wellbeing and belonging.

Research Findings

Our research partnership with the University of British Columbia documented the health and well-being impacts of community-engaged arts on participants of the inaugural Arts & Health project:

1. SOCIAL CONNECTIONS
   The project provided opportunities to develop social connections and fostered a sense of belonging for the participants within Arts and Health and also within the larger community.

2. LEARNING NEW THINGS
   Seniors in all groups reported that being involved in a project that required dedication and hard work led to a sense that they could still learn new things.

3. CREATING CONFIDENCE
   The Arts and Health project provided seniors with an opportunity to engage in a challenging and valuable experience that led to a sense of confidence and stronger sense of identity.

4. CREATIVE ENGAGEMENT
   The seniors involved in the program gained a sense of accomplishment as artists and were able to find new ways to be engaged creatively.