

RECENT RESEARCH PROVES THAT PARTICIPATION IN CREATIVE ARTS PROMOTES BETTER HEALTH FOR OLDER ADULTS.*



THE ARTS AND HEALTH PROJECT SUPPORTS ARTS PROGRAMMING FOR SENIORS IN COMMUNITIES ACROSS BC.

Sustained creative exploration, guided by a professional artist has been proven to improve the physical, mental and emotional health of participating elders. This remarkable project builds an increasingly strong community of seniors in BC who understand their work is connected to the broader field of art and who feel they are contributing to their community in a significant way.

*Phinney, Alison, PhD, et al. "The Arts, Health and Seniors Project: A Three Year Exploration of the Relationship between Arts and Health", Vancouver Board of Parks and Recreation, May 2012, www.Vancouver.ca/parks/arts/pdf/ahsfullReport.pdf

CONTEXT

Seniors are the largest growing sector of the population. The Arts and Health Project addresses many current issues for seniors:

- > Health practitioners across North America recognize the need for new models of care.
- > Our population is aging and marginalization is increasing amongst the elderly.
- > Current approaches to recreation are expanding to enrich and support seniors' wellness.
- > Research demonstrates strong links between participation in the arts and health.

GOALS

- > To create a supportive environment for community engaged arts practices and increase their use within centres for community programming;
- > To maintain and/or improve the health and well-being of seniors through their participation in community engaged arts;
- > To provide targeted support for seniors dealing with marginalization or conditions of vulnerability.
- > To demonstrate the positive impact of participation in arts-based activities on the health and well-being of seniors.

PARTNERSHIPS

Building effective partnerships with community and arts organizations is a key strategy that the project relies on to create local site programming in different communities in BC that truly reflects each community's creative needs and aspirations.

PROJECT ACTIVITIES

Community-Engaged Arts Practice

Each project engages seniors in weekly arts workshops, with professional artists and a seniors' worker. Artists work with the seniors to develop a community-engaged arts practice where seniors explore and develop work that is important to them. Different than a classroom dynamic, a community-engaged arts practice is a working collaboration between professional artists and seniors who might not have previously considered themselves to be artists. This collaboration develops the skills, community spirit, and artistic sensibilities of those who participate, as producers and as audience.

"Arts Experience"

Throughout the programming year, artists organize opportunities for the seniors—from attending performances and exhibitions to viewing films and discussions with visiting artists—that connect their work with the larger creative community.

Exhibition/Performance Opportunities for Seniors

A year-end showcase of all the seniors' work takes place annually. The project sites also organize local exhibition and performance opportunities for the seniors throughout the program year.

Community of Practice

The project aims to build shared expertise amongst artists, seniors' workers and other professionals and volunteers working with elders through collegial meetings and capacity building workshops, as well as on-line learning tools.

THE ARTS & HEALTH PROJECT

Healthy Aging Through The Arts



"I feel appreciated when people give me compliments. I love art galleries and others' paintings...and to have my paintings exhibited is quite a thrill and accomplishment for me."

—Senior participant



"The wonderful thing about being creative is that you don't have to retire. It isn't something you have to retire from."

—Senior participant

FURTHER INFORMATION

For more information, go to the webpage to

- > read about the Arts & Health Project,
- > read and download the research report,
- > read and download the letter of interest guidelines.

<http://vancouver.ca/parks/arts/artshealthseniors.htm>

CONTACT THE PROJECT COORDINATOR AT

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PARTNERS

BC Recreation and Parks Association | Vancouver Board of Parks and Recreation | Vancouver Coastal Health | Roundhouse Community Arts & Recreation Society | Silver Harbour Seniors Centre | Strathcona Community Centre Association | Renfrew Park Community Association | Renfrew Collingwood Seniors Society | Britannia Community Services Society | QUMUNITY | UBC School of Nursing | Arts BC

FUNDERS



Canada Council
for the Arts

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du Canada



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Explore creative opportunities for older adults, artists, project staff and volunteers in your organization