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Session Description

Meaningful life engagement can convey different things to different people. Art is an important part of life for many elders. For some it is a lifelong passion, for others, a hobby, or interest never pursued. No matter the situation, having an established art program in an elder community can contribute to the overall well-being of the elders. Art is rewarding and has countless advantages. A surge of energy and life evolve from the creative making process. It makes well because it is an essential part of being human and has a direct correlation to person directed living.

Reason for this Session

Art was and is a big part of the lives of the elders at Westminster Canterbury Lynchburg. Knowing the values and interests of elders is paramount in planning person directed related events, therefore we ensure there are many opportunities to continue this pursuit. For those not artistic, providing engaging and effective programming may seem overwhelming. This presentation fills the skill gap for those professionals and provides a resource and creative content for those already practicing art modalities.

Desired Outcomes

The participants can expect to take away several original and exclusive program ideas that focus on art and meaningful life engagement. The presenter will conduct an actual art program, and the participant will engage in it from the perspective of the elder. The participants will assess the effective use of art within their current programming and identify ways to incorporate art modalities that enhance their elders' sense of well-being.

Objectives & Content

1/ *Define* framework and rationale for art programming within elder living communities

-The creative process is life enhancing and at times healing and whole making. The meaning and purpose behind art not only elevates well-being. There are abundant physical and psycho-social benefits when working in this soothing and supportive environment.

-Research is resounding with positive outcomes of meaningful life engagement in the context of art. The review of case studies will showcase successes with art programming when used in a person directed manner.

2/ *Discuss* art modalities within elder living communities

-Art modalities can present itself in various forms including visual, performing, movement, and writing.

-A focused look at visual arts will be investigated.

- Art is a lifelong passion for some, a hobby for others, or an interest that was never pursued by elders. Providing outlets for this pursuit is critical in providing person directed meaningful life engagement.

-The presenter will explore various approaches to visual art from their recent experiences.

3/ *Apply* & create art programming within elder living communities

-A practical application is the best way to retain and repeat new information and commit to action steps in one's own area of influence.

-An actual programming experience will culminate the session as participants will pursue meaningful life engagement through art.

References

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