

CREATIVE AGING

The arts hold significant potential for enhancing health, well-being, and social connection across all life stages. Arts experiences have been shown to reduce stress, anxiety, and depression while simultaneously improving mood and self-esteem. The arts also support rehabilitation and recovery processes by providing a safe space for coping with adverse physical or psychological conditions, including cognitive and motor skill disorders.

PROGRAM IMPACT

Utah Division of Arts & Museums (UA&M) has been training Utahns in the best practices of creative aging and funding grants for creative aging projects for four years. Our Creative Aging Grant projects pay a professional artist to teach an art class to adults 55 years and older. These classes teach older adults an art form and celebrate their accomplishments at the end of the class. Older adults in Utah have learned a variety of artforms, including dance, theatre, fused glass, ceramics, watercolor, music appreciation, printmaking, and many more. These classes reduce isolation by providing older adults an opportunity to foster meaningful connections.



MOOD & WELLBEING

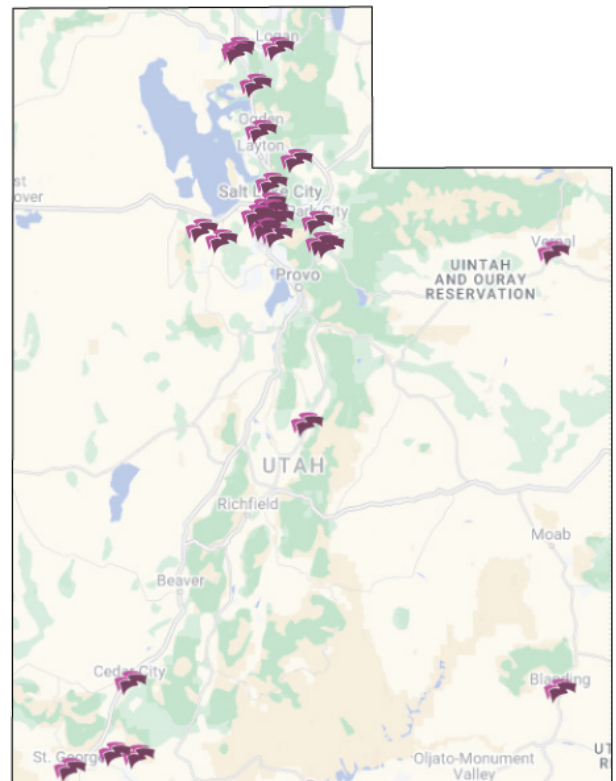
In a recent survey, older adults in UA&M creative aging programs indicated:

- > **95.3%** said that participation positively affected their mood or sense of wellbeing
- > **93%** said that participation helped them be more social
- > **95.6%** felt the program helped them to be connected to a community

A national report from the Aging and Health Research Center states social participation through the arts plays a crucial role in building community and deepening ties.

PROJECT LOCATIONS

2022-2024



Older adults experienced growth in these areas as a result of participation in UA&M creative aging programs:

- > **78%** felt they increased mental engagement or stimulation
- > **73.6%** increased their interest in learning new things
- > **68.6%** indicated the program helped form new or stronger relationships
- > **60.4%** were encouraged to participate in other community activities



TESTIMONIALS



"Please, please hold this class more than once a year. It is life-changing for my physical and mental and emotional health."

BECKY, AGE 73



"Thanks for providing this class. I appreciated that I could try something new that I wasn't sure I'd be good at, without cost."

NANCY, AGE 61

PARTNERS



FOR MORE INFO

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"I do not have enough words to compliment this program. Fantastic! This was one of the most wonderful classes I've taken."

MICHELLE, AGE 69