Wisconsin Libraries
Creative Aging Overview
Agenda

• Part 1: Why is Everybody Talking About Aging?
• Part 2: What is Creative Aging?
• Part 3: How are Libraries Responding?
• Part 4: Q & A
Why is Everybody Talking About Aging?

By the year 2030:

• 71.5 million or 20% of the US population is 65+
• Number of people 85+ will DOUBLE

65+

D O U B L E
Who are “Older Adults”?
Older Adults in the Media

Untapped value of Baby Boomers
By Tom Miller
February 20, 2014, 09:00 am

Aging America heading for disaster
By Kyle Smith
February 8, 2014 | 9:48 pm

Why aging is scary for economies: Column
Ted C. Fishman, USATODAY
6:37 p.m. EST March 2, 2014

3 Ways Baby Boomers Are Changing the Face of America
By Amanda Alix | More Articles
March 2, 2014 | Comments (0)
Natural Physical Changes During Aging

- Nervous System Slows Down → Balance Problems & Slower Reflexes
- Muscle & Lung Tissue Changes → Decreased Lung Efficiency
- Sensory Losses → Vision & Hearing Loss
- Bone Loss → Decreased Strength, Speed & Endurance
- More Medications → More Adverse Side Effects
- Changes in Sexual Function → The Capacity for Sexual Activity & Response is Retained Well into Old Age!
Social and Emotional Changes

- Living with Loss
- Financial Worries
- Rewirement Phase
Impact

**Deficits Based Approach**
- Disability
- Problem
- Period of Decline

**Assets Based Approach**
- Active
- Potential
- Age of Opportunities

Born 1928
Elliott Erwitt

Born 1930
Faith Ringgold

Born 1949
Meryl Streep
Positive Aging Initiatives

• Aging in Place

• Encore Careers

• Livable Communities for All Ages
Barriers to Change

It’s no longer okay to be sexist or racist. So why it’s still okay to be ageist?

Ashton Applewhite, Writer/Activist, thischairrocks.com
What is Creative Aging?

Using the ARTS to improve the quality of life for older adults through creative expression and social engagement.
The Creativity & Aging Study
By Dr. Gene Cohen, George Washington University, 2006

- Less medication
- Fewer doctor visits
- Elevated mood
- More independent functioning
- Less depression, loneliness
- More activities
The National Conversation/Cross Sector Funding
Creative Aging Areas of Practice

Health and Wellness
Arts Therapies and Artists In Healthcare

Civic Engagement
Intergenerational Arts Programs

Lifelong Learning
Community based Instructional Learning Programs
IT IS NOT MACARONI NECKLACES
IT IS NOT PASSIVE ENTERTAINMENT
IT IS VERY ACTIVE ENGAGEMENT!
What’s Different About Adult Learners?

• Autonomous and Self Directed
• Lifetime of Experience and Knowledge
• Adults are Goal Oriented
• They are Practical: They Want Information
MASTERY & SOCIAL ENGAGEMENT
The Creative Aging Libraries Initiative

**Demonstrate the value** of professionally conducted instructional arts programs for older adults in public libraries.

**Build the capacity** of public libraries to develop, deliver and sustain creative aging programs.

**Nationally disseminate** a replicable, adaptable program model.
Why Libraries?

- Age Neutral
- Free to Everyone
- Community Based
- Barrier Free
- Almost 17,000 Local Libraries in the USA
- 22% of Library Patrons are Over 55 Years Old
Questions & Answers