

Changing the Picture: Bringing Creativity into Your Work and Setting

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National center for creativity and aging-

The National Center for Creative Aging (NCCA) is dedicated to fostering an understanding of the vital relationship between creative expression and the quality of life of older people. Creative expression is important for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning. Creative therapy national organizations.

They are offering free memberships currently and its worth signing up just to be on their elist and get ideas on funding, programs etc.

www.creativeaging.org

Other creative therapy organizations:

www.arttherapy.org American Art Therapy Association

www.adta.org American Dance Therapy Association

www.amta.org American Music Therapy Association

www.poetrytherapy.org American Poetry Therapy Association

Local art therapist contacts for more information or to discuss contract work options:

OKC area: Jenny Gaspard Jcanpaint@cox.net. 209-1140 LPC and ATR

Tulsa area: Pam Rice pamrice@cox.net working on LPC and ATR

Misti Vekas mvekas@yahoo.com LPC and ATR

Ideas to consider:

Oklahoma Arts Council- grants and artist in residence programs for non-profits and schools. Even if you are a for-profit, consider partnering with a school for an intergenerational arts project and have the school apply for the grant .

Invite local art students and/or professional photographers to do photography portraits of all residents and display them on doors or in hallways

If you use volunteers for creative/arts projects be sure they are trained not only in their art discipline but in working with aging and elderly clients. Pair volunteers with staff whenever possible.

Develop a creativity plan for your facility

Set goals for increasing the beauty and sensory stimulation of the environment-

Art on walls or hallways

Music that is playing

Look into the Eden Alternative www.edenalt.org

The Eden Alternative is a small not-for-profit organization making a big difference in the world. Based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline.

Look into supporting the creativity and renewal of your staff-

Survey them for craft, art, music and other hobbies and interests- then utilize them or allow them to create activities or interaction using their own interests.

Provide creative outlets, training and opportunities for staff in order to prevent burnout, build teamwork and support them in their work.

Look at ways to provide direct creative activity for the residents or patients-

Contract with expressive therapists

Referrals for private therapy and expressive therapy

Groups developed like painting, music and movement, card making, fabric arts, etc. or movie time and discussion, poetry.

Share the residents creativity in newsletters, posters or bulletin boards and communications to other caregivers. Frame it. Post it. Share it.