The Creative Caregiving Initiative - Flourishing Through the Art of Caregiving
Why develop this initiative?

To support caregivers and families in creating more quality moments
Caregivers long for positive interactions with those they care for.

Caregivers lack creative resources.

Caregivers feel isolated.

Caregivers face higher levels of stress.
The Creative Caregiving Initiative

IMAGINE A WORLD where every caregiving act for adults with cognitive disorders contributes to quality days for both caregivers and their caregiving partners.

CreativeCaregiving.CreativeAging.org
The National Center for Creative Aging is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging and to developing programs that build upon this understanding.

Share the Care is a not-for-profit organization providing services, education, training, and support to family caregivers, enabling them to maintain their family member at home, delaying or eliminating the need for institutional care.

The Pabst Charitable Foundation for the Arts has the mission to support innovative, interdisciplinary, and diverse artists and art forms that will have ongoing impact in communities.
The NCCA Creative Caregiving Initiative
Flourishing through the Art of Caregiving

A free, web-based and community-shared resource for family and professional caregivers of adults who live with Alzheimer’s disease and related cognitive disorders.
Creative Caregiving Guide

• Online participatory arts toolkit

• Collaboration: National Center for Creative Aging, UCF, and national panel of artists
  • [http://creativecaregiving.creativeaging.org](http://creativecaregiving.creativeaging.org)

• 7 modules (8 – 20 minutes) include poetry, music appreciation, singing, dancing, painting/collages
NCCA Creative Caregiving Initiative®
Flourishing through the Art of Caregiving

Log In to any computer, tablet, or phone;
Review your favorite video & theme,
Enjoy with your caregiving partner, and if you choose,
Report Out using the research link and
Connect to share a global gallery in the cloud!
Master Teaching Artists

Gary Glazner | Alzheimer’s Poetry Project

Maria Genné | Kairos Dance Alive!

Laurel Humble | MoMA Alzheimer’s Project

Judith-Kate Friedman | Songwriting Works

Anne Basting | TimeSlips

Elizabeth “Like” Lokon | Opening Minds through Art, Scripps Gerontology Center, Miami University

Jorge Merced | Pregones Theatre Teatro Pregones Puerto Rican Traveling Theater
• **Most common benefits:**
  – spending quality companion time with loved one rather than caregiving time
  – controlled breathing and warming exercises at beginning of each lesson

• **Several specific comments included:**
  – “Introduced strategies that they never would have thought of at home.”
  – “Enjoyed the activities because it allowed us to do more than just sit around.”

• **Most common complaint:** difficulty gathering the art supplies needed to complete the lessons.