



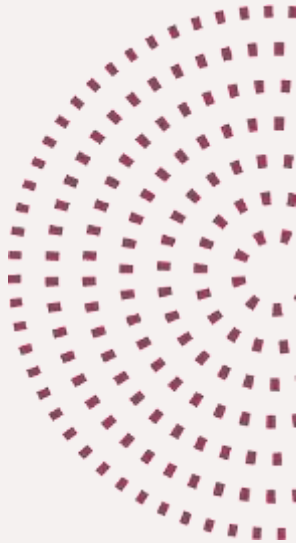
**PROMOTING POSITIVE AGING THROUGH  
INTERGENERATIONAL PROGRAMMING –  
PROJECT INSPIRE INTERGENERATIONAL ART GROUP**

**Celia Li**

**(RSW, Certified Resilience Trainer & Expressive Arts Practitioner)**

**Senior Manager of**

**Calgary Chinese Elderly Citizens' Association (CCECA)**



# Agenda

- **Background, Objectives of project inspire**
- **Programming of Intergenerational Art group**
- **Outputs achieved**
- **Impacts & Feedbacks**



## **2017- Phase 1- Pilot ( Four partners United Way, United Active Living, LINKages & CCECA)**

- Program Inspire is a six – week program that bring 15 older adults to explore various creative medium as a way to promote social inclusion, empowerment of older adults to engage in discussions about aging (Ageism) and realize their vulnerabilities, truths and potential by engaging in creative activities
- First Program delivery began in May 2017, with second session offered in the fall
- Both 2017 sessions were hosted by United Active Living at Garrison Green



## **Background & Objectives of Project Inspire**

## **2018 - Phase 2 (Partners : United Way, United Active Living LinkAges & CCECA)**

- 3 sessions, 6-weeks program were offered in 2018
- Focus: Intercultural exchange, discussion about aging experiences through creative art with diverse topics such as gender stereotypes, social ties & aging well
- A celebration event at cSpace King Edward in June that launched a three-weeks installation showcasing Project Inspire artwork.



## **Background & Objectives of Project Inspire**



## 2019 Phase 3 – Intergenerational art group

- Extend the program to include emotional support through Intergenerational Programming
- Run 3 intergenerational art groups in partnership (CCECA, LinkAge, Greater Forest Lawn 55+ Society)
- The Spring program @CCECA to facilitate the **“PERMA+V” Curriculum**. This model of wellbeing supports individuals in developing full life which includes six elements: (Positivity (P), Engagement (E), Relationship (R), Meaning (M), Achievement (A) & Vitality (V)).
- The Summer program @GFL 55+ Society to facilitate the **“Storytelling through Art” Curriculum**.
- The Fall program @LinkAges(library) to facilitate the **“Connecting to ourselves & Others” Curriculum**



**Background & Objectives of Project Inspire**

# Intergenerational Art groups (2019-2020)

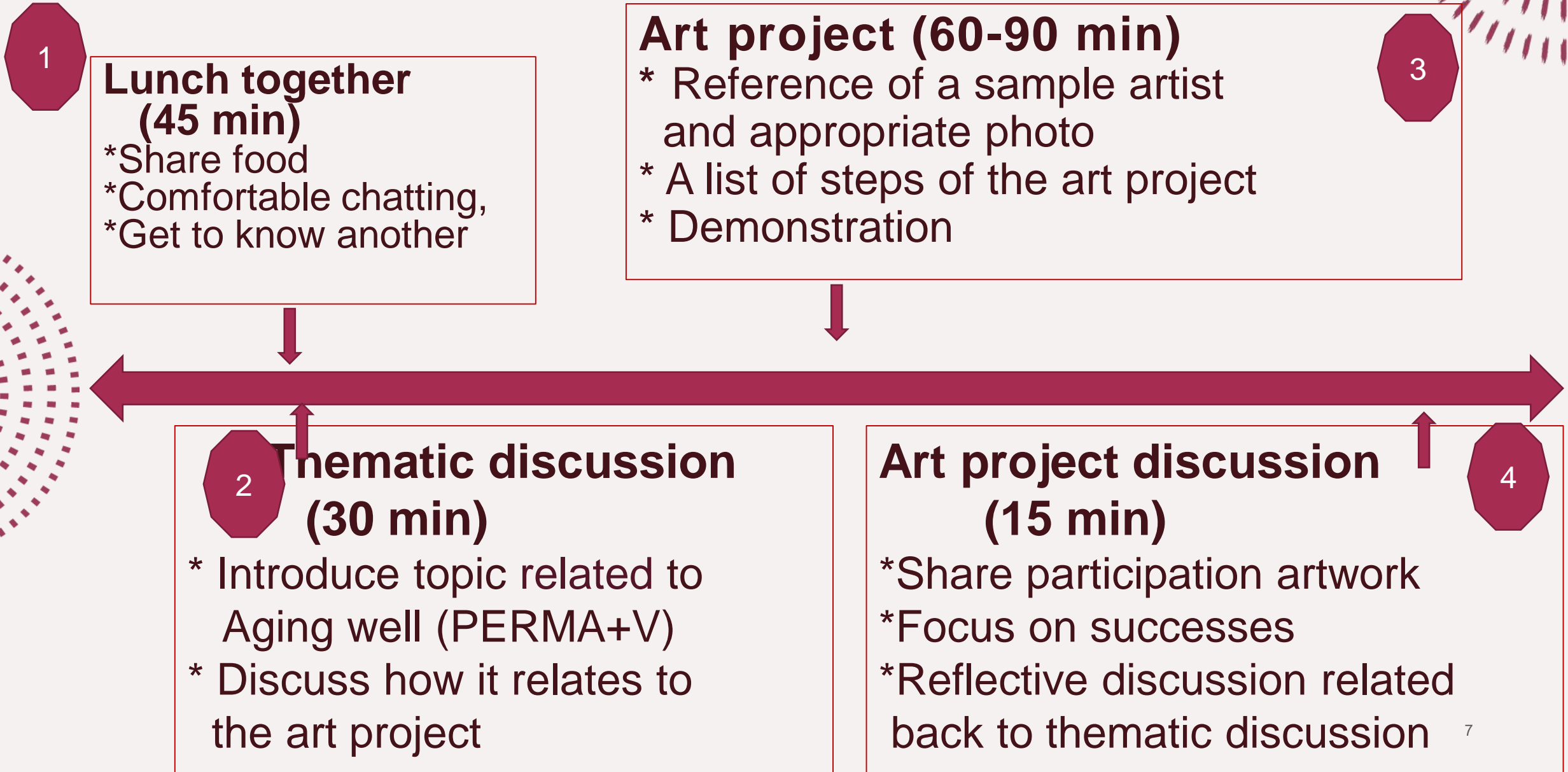
Expected Outcomes:

Promote aging well in the aspects of

- Meeting others (building new friendship)
  - Increased positive emotion & self-esteem
  - Learning different things (learning arts skills, learning things from youth - Intergenerational communication)
- **10 seniors, 65 + with diverse culture & different languages from Linkages, CCECA & GFL55+**
  - **10 youth from Linkages, aged 12-17 with diverse culture, 3-5 older adult volunteers involved**
  - **8 weeks program (3 hours) including pre-post session for evaluation**
  - **One celebration & art showcasing event**



# Session planning: 2-3 learning goals (based on topic of the session)



# Output achieved (2019)

- 3 intergenerational art groups were completed in 2019
- A total of 15 volunteers involved
- A total of 72 participants (youth & older adult) served in 3 groups
- 2 art facilitation trainings completed
- 60 friends & families attending the celebration & art showcasing event





# Program Impacts ( 2019-2020)

1. The mean score of building awareness and knowledgeable about aging well were all improved in three groups
2. The mean score of the expected outcomes (builds new friendship, increasing positive emotion, well-being, intergenerational communication were all improved in three groups)
3. For group 1, the result showed significantly improved for building awareness & knowledgeable about aging well through PERMA+V model (completed pre-post survey  $p < 0.05$ )
4. For group 2, the result showed significantly improved for the expected outcomes (builds new friendship, increasing positive emotion, well-being, intergenerational communication).

# Program Impacts ( program survey 2019 n=31)

1. Youth participants provided the lowest rating at 71% when asked if they enjoyed sharing as a group, which the senior participants rated the experience at 93%.
2. All groups rated similarly to the experience of listening to everyone's thoughts and feelings about their artwork (rating range- 83%-90%).
3. There was an exceptional rating when asking of the values of age diversity (94%) & cultural diversity (95%).
4. Participants felt more connected to their community because of this program (92%).
5. Participants felt more likely to join other group in the community because of their experience with this program (94%)

# Participants feel this way because...

- “ Gives freedom of expression and makes more related in the community”**
- “ Just being out & around others for me is a very good feeling being here now”**
- “ I am always amazed about the hidden talents as we share”**
- “ I am more confident joining another group”**
- “ I was able to make friends and meet new people.”**
- “ I learned how different people’s view are”**
- “ Not only the program is a good way to get inspiration from different age group. It’s a good way to meet friends from different cultures.”**
- “ I get to know more things and socialize at the same time. This program helped me to improve my social skills and develop relationship”**
- “ It was amazing to be part of” “ I enjoyed the experiences”**
- “They are all friendly and helpful”**



Partnership with different agencies with diverse culture and age background create more collective impacts on reduction of social isolation.



## What we learn?

- Enrich & identify different perspective about aging from different lens of seniors and youths
- The PERMA + V model provides a good framework to create many sparkles on the topics around aging well (seniors) and well-being (youth).



# Conclusion

- ◆ Intergenerational art group is an effective program to build positive connections across different age groups, allowing different generations to benefit from social connection, improvement of emotional health, increased life satisfaction, self-confidence, and developing sense of belonging and sense of pride through creative art .
- ◆ Creating artworks deemed to be an unachievable goal for many non-artistic seniors and youths, but this project has encouraged them to step out from their comfort zone and be brave to try something new through art and meet new friends.
- ◆ Project inspire program is highly regarded by the participants.







**Art :**

**“We find a path to  
health and wellness,  
emotion reparation,  
recovery, and  
ultimately,  
transformation” -**

**The International Art therapy Organization**

# Group 1- Spring

- **When:** May 4 – Jun 5,2019
- **Where:** The Calgary Chinese Elderly Citizens' Association
- **What the theme:** Aging well (PERMA+V)
- **Who facilitate:** Dara Dines
- **What art project:**
  - Footprints
  - Figurines
  - Masks on Popsicle sticks
  - Poems (about houses)
  - Wooden Frames
  - Collage

# Group 2 ( Summer)

- **When:** Jul 11 – Aug 29, 2019
- **Where:** Greater Forest Lawn 55+ Society
- **What theme:** A powerful shifts to your well-being( storyteller) through art.
- **Who facilitate:** Sage Wheeler
- **What the art project:**
  - Blind Perspective
  - Wabi Sabi
  - Collage
  - Landscape
  - Body Mapping
  - Tree Mural



# Group 3 (Fall)

- **When:** Sep 28 – Nov 30, 2019
- **Where:** LINKages (Memorial Park Library)
- **What the theme:** “Connecting to ourselves and others” Discover how your creativity will contribute to a healthier life
- **Who facilitate:** Andrea McLean
- **What the art project:**
  - Abstract
  - Body Mapping
  - Plasticine
  - Perspective Drawing
  - Community Mural
  - Portraits

# Celebration and art showcasing event

- **When:** November 30 2019
- **Where:** Greater Forest Lawn 55+ Society

3425 26 Ave SE, Calgary, AB T2B 2P

