

*Artists in Residence*  
*Barclay Friends Art Program*

**Benefits of Art for Elders**

Some of the benefits of engaging in creative activities with older adults are:

- Helps the resident to relax
- Accesses and releases trapped emotions
- Provides nonverbal forms of communication and expression
- Gives the individual a sense of control
- Reduces stress, fear, and anxiety
- Aids conflict resolution
- Creates balance and order
- Serves as a stimulus to sort through life changes and losses
- Assists in socialization
- Promotes spontaneity
- Encourages playfulness and a sense of humor
- Restores and motivates muscle memory
- Improves cognition
- Activates the senses
- Focuses attention
- Evokes new opportunities for connecting and belonging
- Reduces boredom
- Leads to self-expression and self-discovery
- Enhances morale
- Improves physical health
- Nurtures a sense of Self and renewed self-esteem
- Enriches relationships
- Confronts despair with integrity
- Enables the leaving of a legacy
- Taps into spirituality
- Reduces dependence on medications

Note: This list was composed and adapted from a variety of resources and readings as well as my professional experiences of working with older adults. It is by no means exhaustive.