

Friends Foundation for the Aging

New Grant Proposal Form

Limit 4 pages

Date: March 15, 2024

Organization: The Hickman Friends Senior Community

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Amount requested: \$ 27,860.00

Project title: A Deeper Dive into Creative Aging: Providing Seniors of all Abilities Equity in Art

Summary Description (maximum 25 words) The Hickman will train staff and residents of all abilities innovative Arts programs in many mediums, fostering wellbeing, social connections, and quality of life.

Please answer the following question clearly and concisely.

1. What is the problem you have identified? Problem: Access to innovative arts programs for seniors, especially those with various diagnoses and health conditions is limited. This lack of access exacerbates feelings of loneliness, diminishes joy, and hampers efforts to improve physical, cognitive, and emotional health.¹ Seniors feel isolated in senior care homes due to a combination of factors related to loss of independence, limited social interaction, reduced family contact, health challenges, and a lack of stimulating activities. Regular Arts participation combats loneliness, spreads joy, and improves physical, cognitive, and emotional health.² There are limited resources available for providing effective arts programming tailored to the needs of older adults.

2. What is the solution you propose to address the problem?

In Partnership with Arts for The Aging , (AFTA),The Hickman will institute a holistic arts training and practicum program encompassing training, resources, practical experience, mentorship, curriculum support, and ongoing feedback. The Hickman staff, residents and families will join teaching artists in taking a deeper dive into varied mediums. For example, one of the mediums may be dance. Teaching Artists will engage staff and residents in creative movement that may be presented to others in the community and family members as a performance. Other mediums may include pottery, weaving, performing arts, visual arts, or literary arts. Printed and/or virtual tutorial(s) will sustain future training(s).

¹ <https://www.nia.nih.gov/news/pArtsicipating-Artss-creates-paths-healthy-aging>. 2019.

² <https://www.nia.nih.gov/news/pArtsicipating-Artss-creates-paths-healthy-aging>. 2019.

3. What actions will you take?

12 Month Training Period

a. Phase 1.

A multidisciplinary training program will be initiated, integrating five professionals from The Hickman with AFTA. Their collaboration aims to develop surveys to gauge needs and expectations. Through three planning meetings, surveys will be crafted, distributed, and analyzed, aiming to identify training content and customization. AFTA, in partnership with Hickman staff, will design modules in various disciplines like dance, literary arts, movement, pottery, and visual arts. Participants from The Hickman Community Life staff, who hold master's degrees in dance and music, a Bachelor of Fine Arts with a concentration in pottery, and certificates in certified occupational therapy, will contribute their expertise, ensuring alignment with residents' emotional disposition and physical ability levels.

b. Phase 2

Virtual training on best practices in creative aging for 5 Community Life Team Members to include but not limited to music, dance, and sculpting.

Note: The Hickman owns a kiln. Facilitating implementation of the pottery module.

c. Phase 3

Hickman staff engage in virtual training featuring hands-on practices of varying modalities to include post-session debriefs with AFTA teaching artists for clarification and direction.

d. Phase 4

The Hickman professional and family caregivers participate in caregiver training workshops: includes up to 4 family caregivers workshops and 6 staff members.

- 4. Describe the population to be served.** The Hickman Senior Care Community averages 74 residents. Our youngest is 69 and the oldest is 101. Twenty-Four (24) of our Friends live in the Darlington Neighborhood which is a secure memory care unit. Approximately 40 residents live in two other neighborhoods in the Jeanes building with about 10 residents housed in The Hickman Building apartments. Our residents are ambulatory with some needing support from a walker, cane, or wheelchair.

5. Are there partners/collaborators for implementation of funding-who?

The Hickman respectfully requests Friends Foundation for the Aging to be a partner, along with The Hickman's investments, of this program. Additionally, AFTA is a non-profit and as such has offered services below market rates. The value of this in-kind donation is approximately \$10,000.00.

As a provider, The Hickman will partner with Arts for the Aging (AFTA) aimed at enriching workforce development through creative aging initiatives. As part of this collaboration, members of our Community Life Team, referred to as "trainees," will undergo training to effectively implement arts programs tailored for seniors. Residents will have the opportunity to participate in therapeutic and engaging arts modules, while families are invited to join interactive learning and creating sessions.

Has the solution been tried by other organizations?

AFTA partnered with the D.C. Commission on the Arts and Humanities (DCCAH) to train two cohorts of teaching artists (23 total) with diverse abilities and backgrounds in multiple arts disciplines with resulting workforce development for arts in healthcare.

Trainings were virtual, workshops observations and meetings were hybrid (in-person and virtual).

A partnership with New Bedford Housing Authority, Massachusetts, developed creative aging programs for older adult (60 years +) Black, Indigenous and People of Color (BIPOC). The outcome is positive. Their funder is expanding the program to include all residents in the Bedford housing community regardless of age or gender.

HelpAge USA engaged AFTA to customize caregiver and participant training for older adults (60+) in the Washington, D.C. area to promote mental health and wellness in BIPOC populations. Results include extended tenure of caregivers and decrease of depression among participants. “ When I came to this session, I felt depressed, and this program gave me the umph I needed.” – training participant, Mary.

- 6. How will you know your actions are having an impact? How will you measure outputs and outcomes?** The project planning phase includes developing initial surveys to identify needs, expectations and areas of support and growth. The planning stage includes 3, hour-long meetings to create, distribute and analyze surveys with the expected outcome of identifying content and customizing training plans.

Surveys will include before programming and after programming metrics.

Post Programming Goals
>70% of participants socially connected
>80% of participants, residents and family members, expressing themselves creatively
>90% of participants expressing increased levels of daily joy
100% of trainees proficient in multi-disciplinary Arts programming for seniors of fading physical abilities and cognitive awareness.

The distinction between ordinary programming and AFTA's innovative Arts programs for older adults is profound. Begun in 1988, AFTA stands as a pioneer in creative aging, setting the standard for excellence in life-long learning. True to the founder's visionary approach, AFTA provides older adults and caregivers, particularly those who are vulnerable and marginalized, with a profound sense of healing, empowerment, and independence.