



# Creative Aging Fact Sheet

Many of us intrinsically know that the arts help improve our mental and physical state, often alleviating feelings of depression, anxiety, and isolation. There is a growing body of research that backs up this claim:

## RESEARCH

### QUICK FACT 1

Music and art stimulate the brain in the areas that Alzheimer’s cannot touch, bypassing the debilitating disease and often providing relief

### QUICK FACT 2

Learning jazz dance can **improve balance** in older women, whose main cause of injuries are falls.

### QUICK FACT 3

Engaging in activities like arts and crafts, music, meditation, home repair, and reading stimulates the mind, reduces the effects of stress-related diseases, and slows cognitive decline.

### QUICK FACT 4

Using strategies of personal actors (like getting into character and constant rehearsal) has been shown to **improve memory** test scores of older adults.

### QUICK FACT 5

Individual piano instruction may serve as an effective intervention for age-related cognitive decline.

### QUICK FACT 6

Creative reminiscing has been shown to greatly **reduce depressive** symptoms.



## Creativity & Aging Research Study

A multi-city study showed that creative agers:

- Visit the doctor less
- Take less medication
- Have higher morale
- Experience reduced rates of depression