Effective arts and aging programs intentionally foster social engagement by creating opportunities for meaningful interaction. Thinking of a group that you work with (or would like to work with), what is one way that you can build meaningful interaction into the group’s activities? Would you include it during the creative process or set aside time separately? What kind of structure would you provide to encourage interaction?

We will explore the use of participants' life stories in more depth later in the training, but this section has been an introduction to the way that using life stories can promote social engagement. What is one idea you have now about how the stories of your older adult participants can be woven into your workshops in your art form?

What is one thing you do as a facilitator in your arts workshops to create a positive learning environment?

Imagine two older adults with differing physical or mental abilities who might participate in an arts engagement workshop with you. How might you scale the same technique or task to help each one feel challenged and yet achieve success?

How might you use a timed activity to help older adults in your workshops free up their creative energy?

What can you do to make the creative process in your workshops more accessible? How can you improve sound, visuals, movement, or materials to make them more accessible to more individuals? What about the space you are using or intend to use? What is needed to make it more accessible?

What is most challenging for you about adapting your work for a variety of participants?