

Approaching Art: Changes in an Older Adult Participating in an Art Program

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Abstract

The advent of a super-aged society in Taiwan has prompted the public to place increasing value on the concept of healthy aging. Due to the fact of its non-verbal expressive nature and also its ability to stimulate imaginative thinking, artistic creation plays a vital role in promoting psychological well-being and lifelong learning among older adults, thereby generating a demand for senior art education. Such senior art programs are frequently conducted in community centers in group formats. This setup encourages older adults to step out of their daily routines, venture into the community, and interact with peers, in order to successfully achieve the interpersonal goal of reducing loneliness.

This study employs a case study method, focusing on an older female participant in an art educational therapy program. Through one-on-one interviews, it explores the therapeutic factors brought to her by the four healing-oriented art sessions. The findings of this present study indicate that providing appropriate art media and establishing a positive, warm, and supportive classroom environment produce a sense of universality among older adults and their psychological support. Furthermore, artistic expression helps enhance the willingness of older adults to engage while reducing anxiety. These research findings offer valuable insights for future researchers in related fields.

Keywords: Healthy Aging, Senior Art Education, Art Educational Therapy, Therapeutic Factors, Case Study