In 2011, ~5.0 million Canadians were 65+ years of age. By 2036, ~10.4 million Canadians will be 65+ years of age.

WHAT IS CREATIVE AGING?
Creative Aging is about possibilities, freeing ourselves of limiting beliefs about aging and embracing the reality that individuals continue to develop throughout the life journey.

THE LANDMARK CREATIVE AGING STUDY
In the Creativity and Aging Study 3,166 people ages 65-103 (average age 80) were split into two groups, those who would carry on life as usual and those who would attend weekly, professionally facilitated chorale groups.

THE INFLUENCE OF THE MIND ON BODY
... There is potential beyond problems that are modifiable. It’s never too late to tap into your creativity.

IMPULSIVE DECISION MAKING
... It’s never too late to tap into your creativity.

CANADIAN DEMOGRAPHICS ARE SHIFTING:
OLDER ADULTS MAKE UP THE FASTEST GROWING AGE GROUP 1

WHAT ARE THE BENEFITS?
For creative aging to be a potential strategy for preserving the public health of aging populations, it is critical to understand the impact of the arts on health and wellness and the mechanisms thought to explain these results. Not all benefits are shown with equal frequency. It may be necessary to focus on programs that have a strong impact on the outcomes of particular interest.

6. In 2011, ~5.0 million Canadians were 65+ years of age. By 2036, ~10.4 million Canadians will be 65+ years of age.