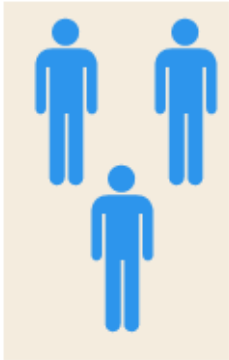


# Arts & Older People Programme

2013-2016 Interim Impact



- From 2003-13 the number of over 65s in NI increased by 22%
- By 2027 there will be more over 65s than children
- By 2062 the over 50s will account for 45% of the population

**We are living longer**

We should enjoy this stage of our lives

**But as we age...**



We might have fewer social networks



Some of us may have health problems



We don't always know what's available



Sometimes we lack confidence



**Five ways to wellbeing**

The Arts & Older People Programme supports older people to engage with the arts through funding projects which address age relevant issues such as **POVERTY, LONELINESS, INCLUSION, WELLBEING & NEGATIVE STEREOTYPES OF AGEING.**

SINCE LAUNCHING IN OCT 2013 ...

**86**

APPLICATIONS



**467k**

INVESTED

**31**

PROJECT AWARDS



## ARTISTS IN PARTNERSHIP

Collaborative working has involved a range of sectors to include older people's groups, palliative care providers, Housing Associations, Councils, Health & Social Care Trusts, residential care providers and carers



**DRAMA**

Storytelling

Crafts



**MUSIC**



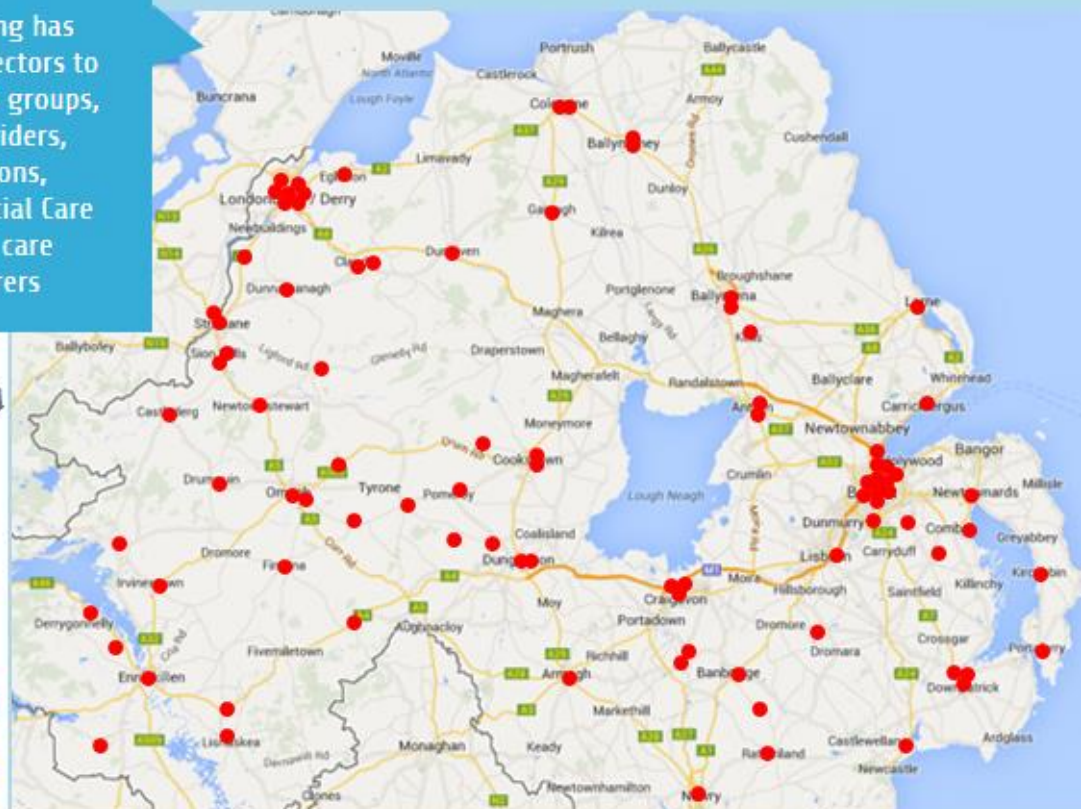
**METALWORK**

**CIRCUS**

Digital Arts

**FILM**

DANCE



**THE ARTS & OLDER PEOPLE PROGRAMME aims to IMPROVE ACCESS TO THE ARTS.**

To date: **3,178** OLDER PARTICIPANTS **2,945** HOURS OF CREATIVITY FUNDED

**WHO IS TAKING PART?**

The average participant is **72** years old

- 15% live in supported/residential settings
- 40% live alone
- 36% have a long-term health problem/disability



Around half reported feeling lonely at least sometimes

Women are 3 times more likely to take part in projects than men



We want to learn new skills, try something different & meet new people

**WHAT HAS BEEN ACHIEVED?**


ARTS ACTIVITIES *Showcases*  
 TRAINING SKILLS COMPANIONSHIP

 <b>LONELINESS &amp; ISOLATION</b>	 <b>SOCIAL INCLUSION</b>	 <b>WELLBEING</b>	 <b>STRENGTHENING THE VOICE</b>
<ul style="list-style-type: none"> <li>• Less likely to feel isolated</li> <li>• 80% made good friends</li> <li>• Good practice in targeting those at risk of isolation - i.e. older men, those not connected to social networks, people living in residential care, those with poor mobility</li> <li>• Plans for new groups &amp; activities in some areas</li> </ul>	<ul style="list-style-type: none"> <li>• Greater sense of belonging to neighbourhood &amp; wider NI society</li> <li>• Focus on developing local networks &amp; sharing skills &amp; resources</li> <li>• Over half joined other groups as a result</li> <li>• Intergenerational &amp; cross-community working</li> </ul>	<ul style="list-style-type: none"> <li>• Increased enjoyment of life</li> <li>• Improved wellbeing scores</li> <li>• 75% able to express themselves at sessions</li> <li>• Range of vulnerable groups targeted - i.e. those with poor mental health, dementia, life limiting illness &amp; those who care for them</li> <li>• Adaptation of artistic practice to ensure mastery</li> <li>• Evidence suggests maintenance of positive wellbeing &amp; improvement amongst those most at risk</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to feel they can influence decisions - both locally &amp; at societal level</li> <li>• 81% of audiences at project showcases felt the Arts &amp; Older People Programme had used art to stimulate &amp; engage older people</li> <li>• Audiences more aware about older people's issues</li> <li>• More positivity around active ageing</li> <li>• Recognition of worth from project partners</li> </ul>

"Words cannot describe the difference it has made to many of the people involved."

**& FOR THE ARTS?**

- Fewer barriers
- Different view of arts
- Greater desire to attend & participate in arts activities
- More experienced artists

  
**POVERTY**

- 24% live in a Neighbourhood Renewal Area
- 48% live in rural communities

"Oh I loved it! At the beginning I was hiding at the back of the crowd...Then as I got more interested I started inching forward."

The Arts & Older People Programme is funded by:



The Baring Foundation



Full report at [www.artscouncil-ni.org](http://www.artscouncil-ni.org)