

What Are Participatory Arts?

Definition:

Community-based arts activities that include beneficiaries in creation and evaluation processes.

Examples:

Collage, Craft Work, Clay Modelling

Creative Writing, Poetry Music, Singing, Dance, Movement

Theatre, Performance, Storytelling

Visual Arts

(e.g., Exhibitions, Museum Visits)

Key Features:

Failure-free space for self-expression

Supervised by health or art professionals

Builds connections and fosters creativity

Benefits of Participatory Arts

- **Emotional Well-being:** Reduces stress, cultivates positive emotions.
- **Sense of Purpose:** Fosters fulfillment and belonging.
- **Improved Quality of Life:** Encourages social connections and creativity.
- **Social Integration:** Bridges generational divides and reduces isolation.
- **Brain Health:** Enhances neuroplasticity and cognitive function.
- **Physical Health:** Promotes flexibility and mobility through movement.
- **Knowledge Exchange:** Elders share wisdom and cultural heritage.
- **Community Engagement:** Strengthens bonds and promotes inclusion.

Recommendations for VET Providers

Key Focus Areas:

- Person-Centred Care
- Intergenerational Approaches
- Art Engagement via Virtual Platforms
- Evidence-Based Training
- Cultural Integration in Art Activities

Skills to Develop:

- Artistic, Communication, Leadership
- Emotional Intelligence, Technology Literacy
- Creativity, Flexibility, Teamwork

Knowledge to Gain:

- Participatory Arts Practices
- Intergenerational Learning Principles
- Funding Resources and Evaluation Methods