

A vibrant firework explosion with streaks of orange, red, and yellow against a black background. The firework is centered and radiates outwards, with many thin, wavy lines trailing behind the main streaks. The colors transition from bright yellow at the center to deep red and orange at the tips of the streaks.

# Creativity and Ageing

Go hand in hand

# Keys to successful ageing



- involvement in social, recreation and creative activities are one of the three key factors in successful ageing
- “Successful Ageing” researcher Kahn and Rowe 1999

# Creativity is enabling



- Enables self achievement
- Enables connections
- Enables our voice to be heard
- Enables feelings and concerns to be expressed
- Enables relationships and new doors to be opened

# Web sites for inspiration



- National centre for creative ageing  
<http://www.creativeaging.org/research.htm>
- Age Exchange "bringing memories to life"
- <http://www.age-exchange.org.uk/index.html>