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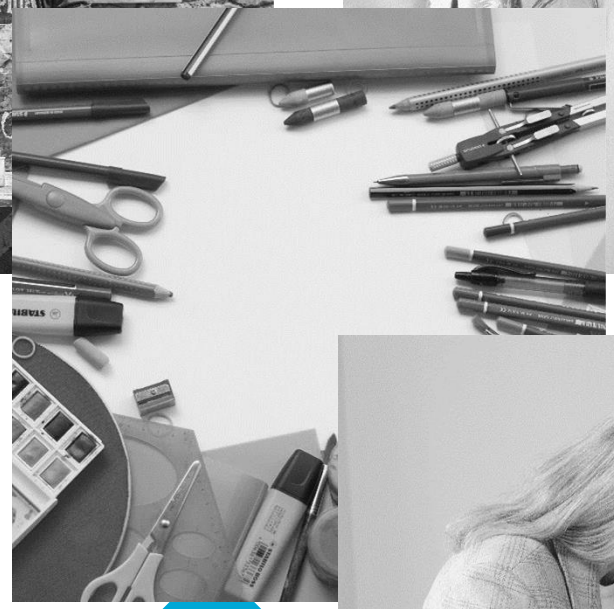

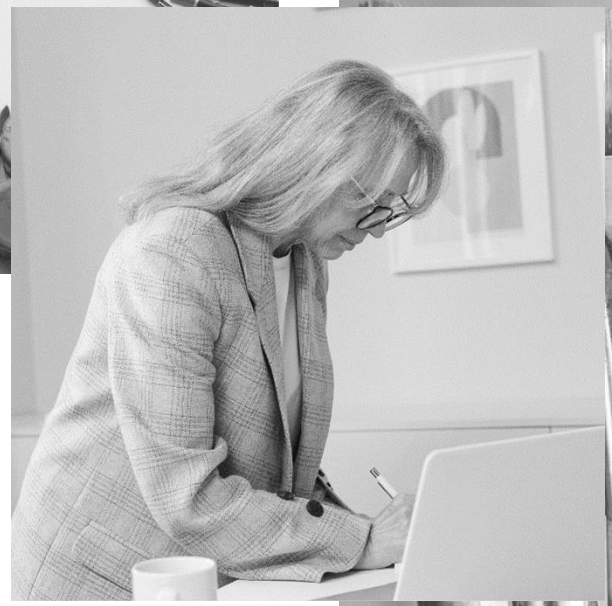

Why creativity is important for seniors

Co-funded by the Erasmus+ Programme of the European Union

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Why creativity is important for seniors?

Numerous research and documentation show that acquiring new skills and fostering **creativity is beneficial** at any age, but is of particular relevance in older people. The arrival of *retirement* and the often drastic change between working life and stopping daily work activity can be very dramatic.

In this sense, stimulating and promoting an active life and ageing among senior citizens is crucial.

Participating in hobbies and creative activities results in a more effective and active lifestyle and contributes to seniors' personal **satisfaction and self-confidence**.

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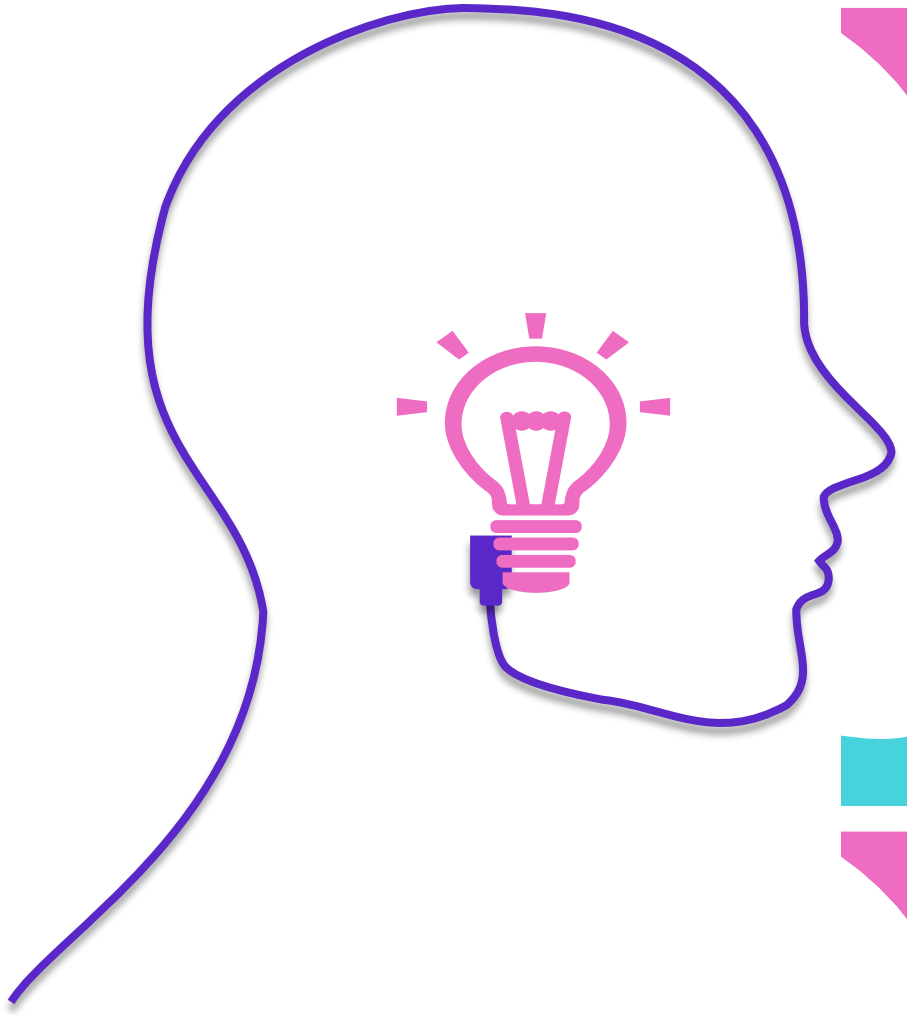

- Mental stimulation
- Social interaction
- Emotional well-being
- Physical health
- Lifelong learning

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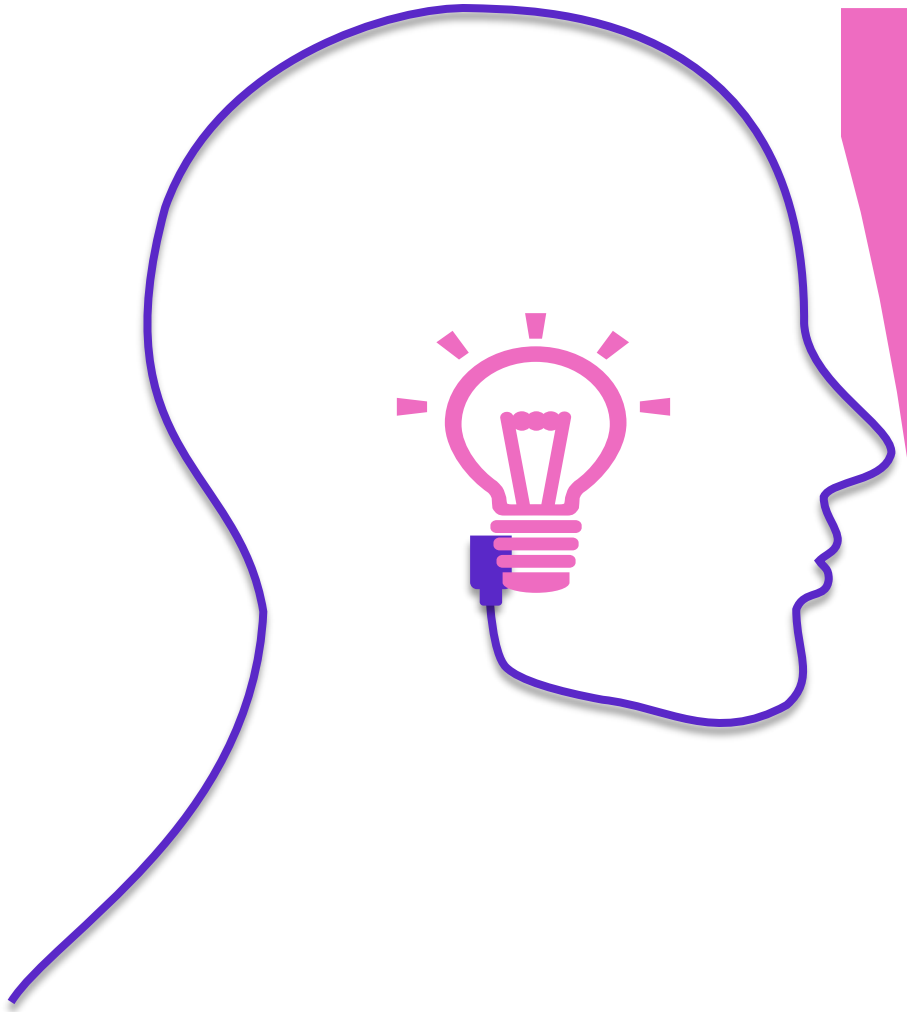

Mental stimulation

Engaging in creative activities like painting, drawing, writing, or music can help keep the mind active, which is important for seniors to maintain cognitive health.

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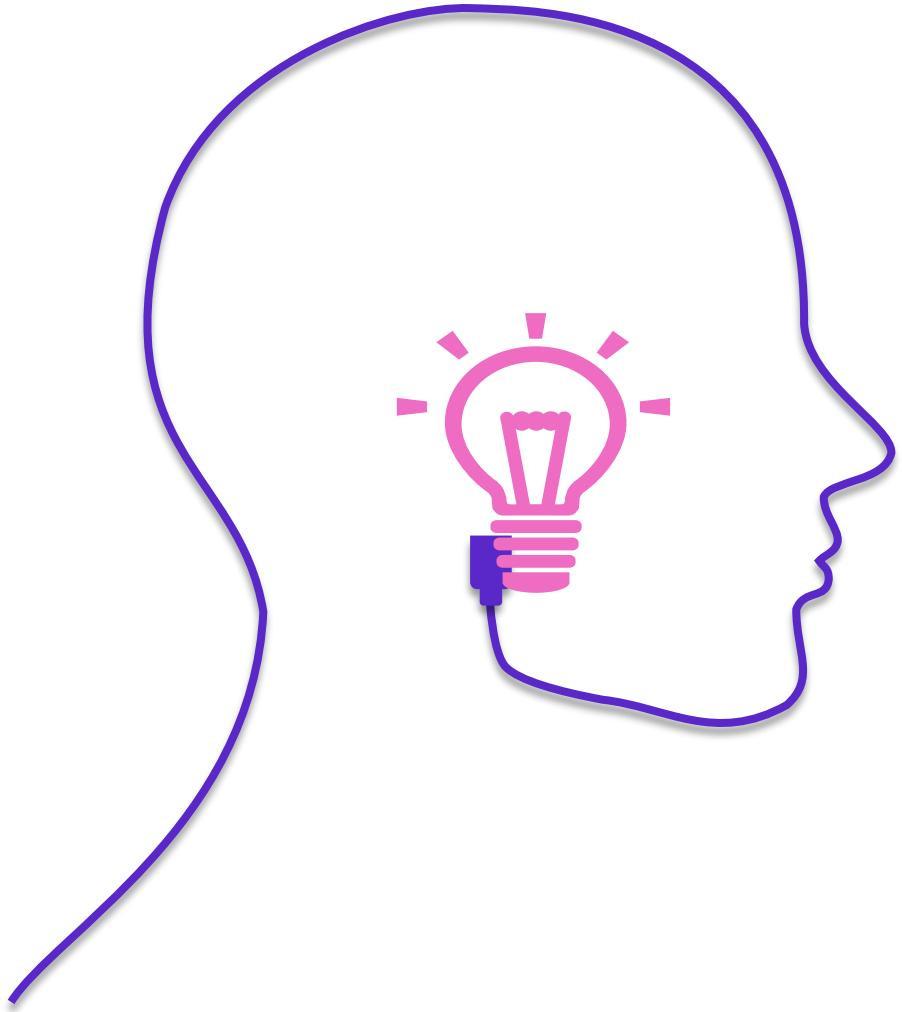

Social interaction

Participating in creative activities can provide opportunities for seniors to socialize and connect with others who share similar interests, which is important for combating social isolation and loneliness.

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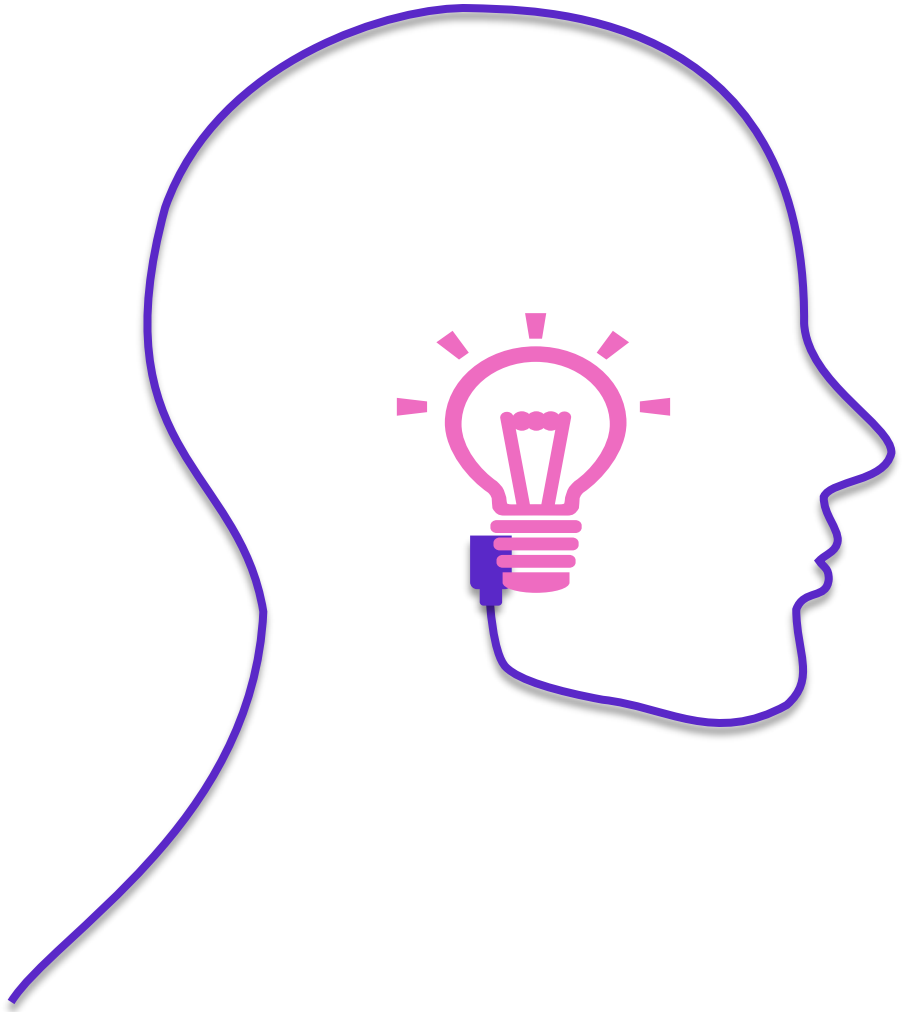

Emotional well-being

Creativity can be a source of emotional expression and enjoyment, which can help seniors feel a sense of purpose and fulfilment in their daily lives.

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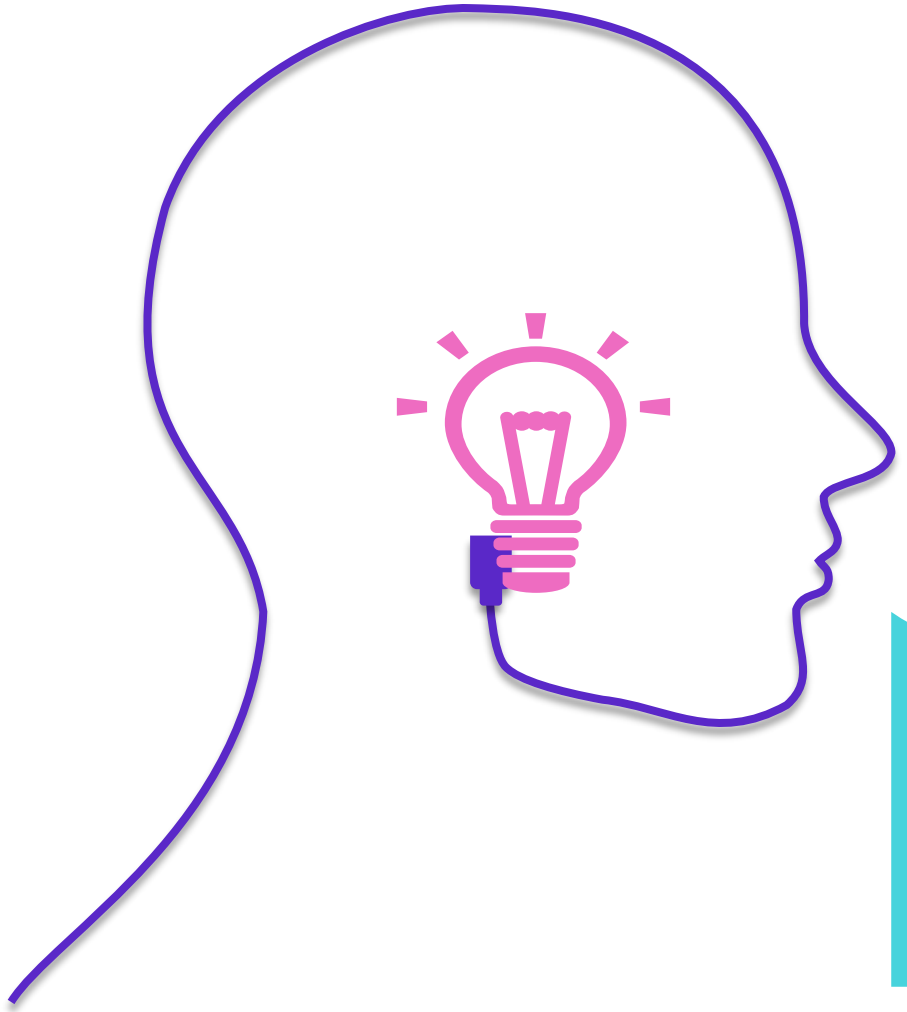

Physical health

Engaging in creative activities that involve physical movements, such as dancing or gardening, can help seniors stay physically active and improve their overall health.

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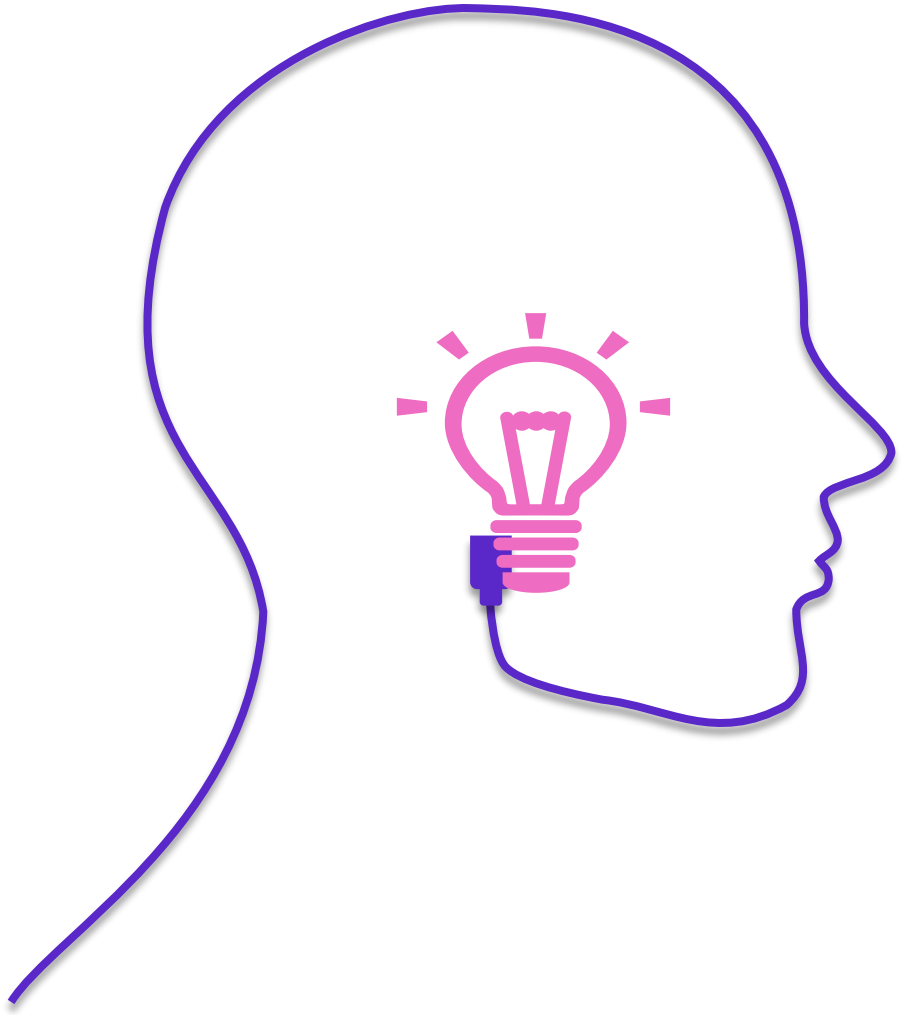

Lifelong learning

Creativity allows seniors to continue learning and exploring new things, which can help them stay intellectually curious and engaged with the world around them.

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Creativity is important for seniors because…

… creativity can enhance seniors' quality of life by promoting mental, emotional, social, and physical well-being.

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