



# **Frequently Asked Questions**

## **The Creative Aging Collaborative Edition**

### **What is Creative Aging?**

Creative aging is the practice of engaging older adults in artistic and creative activities to enhance well-being, boost physical and cognitive abilities, and enrich overall quality of life.

Creative aging is more than just a fulfilling pastime; it's a crucial element of a healthy, vibrant life. Creative aging programming can take many forms, including but not limited to art classes, theater workshops, storytelling sessions, music making, and intergenerational arts projects. These programs not only encourage active, positive aging but also challenge aging stereotypes by showcasing the continuous potential for growth and creativity at every stage of life.

**Creative aging is a proven way to shatter chronic loneliness which affects 25% of older adults and is often deadlier than smoking.**

This staggering statistic from a [recent advisory](#) from the National Library of Medicine is one of hundreds which show the physical and mental health effects of aging alone. Social isolation not only diminishes our health and well-being, but it also fuels negative stereotypes and perspectives around aging. Ageism distorts our view of ourselves and others. Creative aging enables us to paint a different picture; a new canvas where connection and creativity is woven into every chapter of our lives.

### **Who is Lifetime Arts and What Do We Do?**

Lifetime Arts believes that everyone, no matter where they live or who they are, has the right to be creative and share their creativity with the world. We help people and organizations weave creative aging practices into the fabric of their communities by

offering expert training, support, and comprehensive resources. Through multi-sector partnerships, we empower organizations, agencies, and individuals to dismantle ageism, reduce loneliness, and foster growth through the arts. Our innovative approaches, backed by decades of research, ensure that everyone can live a life fueled by creativity, curiosity, and connection.

## **What is The Creative Aging Collaborative (Co-Lab)?**

The Creative Aging Collaborative (Co-Lab) is our new interactive community space for program staff, teaching artists, and administrators who have attended Lifetime Arts' Creative Aging Foundations Training. It is a way to continue learning, networking, and improving your practice with real talk, advice, insights, and stories of inspiration from fellow Co-Lab subscribers, expert speakers, and Lifetime Arts staff.

## **What are The Co-Lab Goals?**

Officially:

1. Foster continuous learning and peer connection among creative aging practitioners.
2. Ignite a national creative aging community of practice.
3. Strengthen case-making across sectors and within our communities.

But really, this just means:

1. Keep learning about creative aging together
2. Get connected outside your bubble (example: people in Arizona meeting people in New York, teaching artists talking to library workers, urbanites speaking with ruralites)
3. Helping each other to educate and advocate for this work so it becomes woven into our society, respected and well-resourced.

## **Who is The Co-Lab For?**

The Co-Lab is currently open to individuals who have completed Creative Aging Foundations with Lifetime Arts or are already deeply involved in creative aging.

It has been designed for teaching artists and staff at community organizations seeking to renew, deepen, or expand their creative aging practice. Participation will be multi-sector, including independent artists and staff working in museums, public libraries, veterans

homes, museums, arts organizations, older adult housing, and all the spaces and places where older adults live, work, and play.

## Why Should I Join? What Will I Gain?

When you reached the end of our Creative Aging Foundations training, did you think, “What’s next? How can I stay connected? Where can I learn more? Who else is doing this work? I have more questions about...”

Maybe you didn’t, but these are the most common questions we at Lifetime Arts have been hearing over the last decade. The Co-Lab is our best attempt to answer these questions. Our hope is that you will walk away with new connections and perspectives, resources that are useful, and you feel supported in both your professional development in creative aging and your personal journey into or in elderhood. We also hope that YOU will help create the Co-Lab with us, but we’ve planned the first year based on the feedback and questions we have received from training.

As a Co-Lab subscriber, you’ll get exclusive access to:

- 1. The Learning Lounge**

Quarterly seminars featuring experts in arts, aging, education, accessibility and health, where you’ll discover new research, emerging trends, and innovative practices in creative aging.

- 2. Peer Power Chats**

Quarterly peer networking sessions to discuss pressing issues, share advice and resources, and celebrate together – centered around a timely topic with light facilitation.

- 3. Jam Sessions**

These office hours with Lifetime Arts staff offer an open space for questions, concerns, and guidance on various creative aging topics.

- 4. Virtual Treasure Trove**

An online resource center offering practical toolkits, recent articles and research, Foundations training refreshers, and advocacy tips to build creative aging communities and funder partnerships.

- 5. Backstage Speaker Series**

After our public events, subscribers can participate in “behind the scenes” conversations with nationally-renowned speakers.

# How Much Does it Cost?

We are currently offering a discount for every type of subscription if you sign up before December 31, 2024.

Before December 31, 2024		Starting January 1, 2025	
Individual Subscriptions*	Organizational Subscriptions*	Individual Subscriptions*	Organizational Subscriptions*
\$6/mo minimum 6 months	\$250/yr for up to 5 individuals	\$8/mo minimum 6 months	\$350/yr for up to 5 individuals
\$60/yr	\$1,125/yr for up to 25 individuals	\$80/yr	\$1,625/yr for up to 25 individuals
	\$2,000/yr for up to 50 individuals		\$3,000 for up to 50 individuals

\*The Fine Print (We do our best to be transparent)

1. All sales are final. No refunds or proration will be issued except in the case that an individual becomes sponsored by an organization.
  - a. If an individual becomes sponsored through an organizational subscription, to receive a refund, this situation must be communicated in writing to [info@lifetimearts.org](mailto:info@lifetimearts.org) within 30 days of payment date.
2. Individual Subscriptions
  - a. Individual subscriptions are set to auto-renew.
  - b. You can turn off auto-renew or cancel an annual subscription at any time.
  - c. You can turn off auto-renew or cancel a monthly subscription any time after the 6th month.
3. Organizational Subscriptions
  - a. The current process for organizational subscriptions is to sign a contract and pay via ACH or check.
  - b. Organizational subscriptions do not automatically renew. Individuals will be asked if they would like to continue with an individual subscription after their year of sponsorship is over.

## What are the Subscription Conditions?

All sales are final. No refunds or proration will be issued except in the case that an individual becomes sponsored by an organization. If an individual becomes sponsored through an organizational subscription, to receive a refund, this situation must be communicated in writing to [info@lifetimearts.org](mailto:info@lifetimearts.org) within 30 days of payment date.

**All individual subscriptions are set to auto-renew.** You can turn off auto-renew or cancel an annual subscription at any time. You can turn off auto-renew or cancel a monthly subscription any time after the 6th month. You can sign up with a credit/debit card [here](#).

**Group/organizational subscriptions are for up to 5, 25, or 50 individuals, valid for 1 year with no auto-renewal.** Unless the organization pays for another year, individuals will be asked if they would like to continue with an individual subscription after their year of sponsorship is over.

If paying by credit card, there will be a 3.6% transaction fee. You can pay by credit card [here](#). To avoid these fees, you can pay by ACH or check by emailing [info@lifetimearts.org](mailto:info@lifetimearts.org) and we will provide a quote with terms and conditions and/or an invoice with payment instructions (and T+C).

Once payment is complete, the organization's contact will receive a forwardable email to send to eligible individuals up to the number of seats paid for, with your unique group code and instructions on how these folks can access the portal space, which will include the calendar of events and subscription resources.

## Why is The Co-Lab a Subscription?

By The Co-Lab being a subscription, it allows us to pay the experts, speakers, panelists, and other guests for their contributions, like preparing materials, sharing their time, and offering their expertise. At Lifetime Arts, we value service AND fair compensation, and we do our best to model and honor this exchange. In this spirit, we have worked really hard to make this as affordable as possible while still being able to bring in these great collaborators.

## **Are There Scholarships Available?**

We are unable to offer scholarships at this time. However, we are working on a template letter to help you request professional development funds from foundations, grant-making organizations, arts agencies, and other funding sources. Please check back soon.

## **How Often are Engagements?**

We are starting with one live, synchronous engagement per month. To provide some structure as we establish this community of practice and learning, we're starting with an annual plan of 3x Learning Lounges or Backstage Speaker Series, 4x Peer Power Chats for networking centered around a topic, and 5x Jam Sessions to ask questions. This does NOT include the free and open-to-the-public Speaker Series, which will coincide with the Backstage engagements that are exclusive to Co-Lab subscribers.

## **Who Do I Contact if I Have More Questions?**

Please reach out to us at [info@lifetimearts.org](mailto:info@lifetimearts.org).