Elderly and cultural participation in society

Enothe 2012: active ageing

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1. INTRODUCTION

- Active ageing
  - Helping elderly to take an active role in society and encourage healthy ageing

- Social participation ➔ good health, well-being
  - Exercice of competences
  - Enjoy respect
  - Maintain and caring relationships

- Active participation
  - More optimistic view on life
  - Less fear
1. INTRODUCTION

- **Active ageing / participation**
  - Realize their potential for physical, social and mental well-being throughout life

- **Engagement in *cultural* activities**
  - Meaningful occupation
    - well-being, quality of life, independency
  - Focus: cultural aspect
  - Association: social, mental, physical benefits
1. INTRODUCTION

- Cultural participation
  - Active participating in cultural life, with the aim of development (Verté, 2010)

- Culture
  - A very wide understanding
    - *Opposite of nature*, which means: everything created by society.
    - Art and Science
  - Dance, theatre, film, literature, fine arts, museums, education, science,...
  - This research: **theatre** and **fine arts**
1. INTRODUCTION

- OT: encourage elderly to participate in culture
  - barriers
  - motivators

- Research question
  - In this research we examined the feeling elderly have on different forms of culture and the advantages and disadvantages they experience by participating in cultural activities. We investigated which are the personal barriers and motivators for cultural participation.
2. RESEARCH METHOD

- **3 different studies**
  - **Barriers and motivators** for older women in Ghent to participate in cultural activities
  - **Theatre** and elderly in a residential home
  - Elderly and **fine arts**

- **Qualitative research**
  - In-depth semi-structured interviews
  - 8 elderly: criterium sampling
  - Inclusion: age min.60, retired, belgian identity, dutch speaking
    - (thresholds/motives elderly in Ghent: women, living in Ghent)
  - Exclusion: cognitive problems, dementia, employed by wage
3. RESULTS:

BARRIERS AND MOTIVATORS OF OLDER WOMEN IN GHENT FOR CULTURAL PARTICIPATION
3. RESULTS - Thresholds and motives of older women in Ghent

- 5 barriers
  - Informational, practical, social, cultural and financial barriers

- 3 older women, Ghent

- Cultural offer and participation
  - Museum visits
  - Concerts
  - Stand-up comedy
  - Lectures
  - Theatre
  - Movie with grandchildren
  - Member of associations

→ Cultural offer meet the needs
→ Information by local magazines, activity calendars, associations,...
3. RESULTS - Thresholds and motives of older women in Ghent

- **Motivators**
  - Interest
  - Gaining knowledge
  - Need to be with other people
    - "I do this to get out of these four walls once in a time. Otherwise I’m just sitting here at home, you know…"

- **(Dis)advantages**
  - Museums are payable (for free on Sundays)
  - Theatre and cinema need to be cheaper
  - Drop-out of daytrips
    - "For People with small retirement money, it cost to much.
  - Transport for free – no physical problems
3. RESULTS - Thresholds and motives of older women in Ghent

- **Support**
  - Widow – support by children
  - Husband at home
  
  → Participation in company: “People stare if you arrive alone”

- **Contribution to society**
  - Cultural offer = recuperation of taxes
  - Only contribution if elderly take initiatives theirselves
  - Only participation with the aim of relaxing
3. CONCLUSION

- They still want to participate (if the opportunity)
- Thresholds: physical problems, family at home, price
- Stimulation: free public transport
- General: cultural offer meet the needs of elderly
- Motives: interest, social interaction, gaining knowledge

→ 50% elderly participate
   → Well educated, fair income, good health
THEATRE AND ELDERLY IN RESIDENTIAL HOMES
3. RESULTS – Theatre and elderly in Residential Homes

- **General information**
  - **Aim**: to examine whether residents and OT’s in a residential home spent any attention on theatre
  - **Audience**: most residents are dependent for self-care-activities. Mean age: 87
  - **Respondents**: 2 occupational therapists
3. RESULTS – Theatre and elderly in Residential Homes

- Results
  - The older residents get, the less interest
  - No interest in *new* things
    - recognizable things, pe. Staff play
  - Barriers
    - Price of cultural activities (entrance)
    - Dependent on self-care
    - Bad location of residential home
    - Lack of information
3. CONCLUSION

- Less interest as they grow older
- Cause: care becomes more important
- Thresholds: prices, physical condition, lack of information, distance,…
- Positive: interest in recognizable things
- Culture = ‘modern’ term
3. RESULTS – Elderly and fine arts

- **General information**
  - **Aim:** to explore motives of seniors to follow courses in fine arts
  - **Respondents:** 3 elderly, members of art club, mean age: 67.
3. RESULTS – Elderly and fine arts

- **Results**
  - Ingrained creativity since they were young
  - Artistic professions: House and publicity painting, drawing patterns,…
- **Motives**
  - Passion: ‘you simply do this, because you like it!’
  - ‘Something different’
  - Exhaust valve, flow
- **Social contact = welcome bonus**
  - No main aim
  - Busy lives, few meetings after lessons
  - Sometimes an exhibition together (with teacher)
- **Expensive?**
  - secondhand materials + social tariff
3. RESULTS – Elderly and fine arts

- Small and pleasant groups
- No real ‘lessons’
- Leader, no teacher
  - Do ‘whatever you want’
  - Learn new things

- First year: all techniques
- Expensive materials: no problem!
3. CONCLUSION

- Engaged since they were young, creative job
- Membership before retirement
  → ‘Free time’ is not the big motive
- Motives: creative exhaust volve, relaxed feeling
- Extra bonus: social contact
- Price is no threshold
- Develop skills/learn new techniques
5. DISCUSSION

- **OT: well-being of elderly (6 dimensions)**
  - Psychological – psychical – social - material – cultural – existential

- **Residential home: occupational disbalance**
  - Cultural well-being <-> need for care
  - Adaptation of norms
  - Less possibilities: less interest

- **Thresholds ➔ interesting challenge for OT’s!**
  - Balance of 6 dimensions
  - Trigger cultural interest
5. DISCUSSION

- Art ~ well-being: impact on daily life
  - Structure in week planning
  - Source of social contact
  - Identity
  - Exhaust valve of emotions
  - Source of knowledge and culture
  - Involving in society
  - New understandings, flexibility
  - Inspiring and encouragement
  - Confirmation of personality
  - Cope with comments
6. SOURCES


