



Therapeutic Thematic Arts Programming for Older Adults

Linda Madori PhD LCAT CTRS

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Actively engage older adults and help preserve their cognitive functioning using this innovative, integrative approach to therapeutic art and recreation. Use Therapeutic Thematic Arts Programming (TTAP(TM)) to create an enriching environment that effectively meets older adults' cognitive, emotional, physical, and social needs. In a clearly outlined nine-step process, Therapeutic Thematic Arts Programming involves exploring a broad theme through a range of artistic expressions, including music, dance, poetry, sculpture, and photography. Stimulating all areas of brain functioning, the TTAP method promotes older adults' creativity and encourages them to exercise their remaining strengths and abilities. The approach also increases social interaction with its focus on dynamic group interaction. While providing structure to creative art therapies, the TTAP method also allows for flexibility and individualization, allowing individuals within a group to have unique person-centered experiences. Appropriate for working with both well elders and those facing illness or disability, this integrative approach is solidly grounded in brain health research, biopsychology, and humanistic aging theories. Full of suggestions for themes and activities, Therapeutic Thematic Arts Programming will serve as a valuable manual for recreation therapists and activity professionals. Additionally, the book's discussion of current brain research, aging theories, and the benefits of creative art therapy make it a useful resource for instructors and students in the aging field. TTAP(TM) is a trademark of the author.

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