



STRATEGIES FOR SUCCESSFUL AGEING

BEING CREATIVE



KEY MESSAGES

CULTURAL Engagement

can be



Thinking creatively is not just about art. Remember Dr. Cohen's father in law, and how he overcame a problem with creative thinking.



such as



reading



listening to music

watching television



Everyday GENERATIVITY

involves passing on



to grandchildren

or getting

INVOLVED



organisations and mentoring others.

Artistic excellence in older adults can be seen in the design of the **Guggenheim Museum** by **73** year old **Frank Lloyd Wright**.

Eliot Carter wrote his **Flute Concerto**

when he was **100!**

STRATEGIES: WEEK 5

CHALLENGE YOUR ASSUMPTIONS

- Just because you have done something the same way for a long time doesn't mean it can't be done differently. Creative people challenge their own assumptions and the conventional wisdom in order to solve a problem.

USE ALTERNATIVE THINKING

- Try to see things through the eyes of someone else.

BE MORE FLEXIBLE

- Don't look for an answer straight away.
- Be more fluid in the way you approach problems. Learn to play with ideas.

TAKE SOME RISKS

- There can be no creativity without taking risks and accepting that you might experience failure. Above all, don't be discouraged when your strategies don't produce results the first time.

READ AND EXPLORE KNOWLEDGE OUTSIDE YOUR USUAL AREAS OF INTEREST

- Try to broaden your areas of understanding and learn how other people solve problems. It takes practice to open up your creative side.
- Try poetry, fiction, visual arts, theatre or visit places you wouldn't ordinarily visit.
- Novelty is a key component to successful ageing.