



Trinity College Dublin
The University of Dublin

Strategies for Successful Ageing



**Week 5:
Being Creative**

Week 5 Infographic: Being Creative

Being Creative:

- Arts, leisure and culture matter for successful ageing.

Key Messages:

- Cultural engagement can be receptive such as reading, listening to music, watching television.
- Thinking creatively is not just about art. Remember Dr Cohen's father in law, and how he overcame a problem with creative thinking.
- Everyday generativity involves passing on skills such as baking or woodwork to grandchildren or getting involved in sporting or volunteering organizations.
- Artistic excellence in older adults can be seen in the design of the Guggenheim museum by 73 year old Frank Lloyd Wright. Eliot Carter's wrote his Flute when he was 100!

Strategies:

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" about 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 and flexible 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 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.