

The Benefits of Creativity and Mindfulness for Older Adults

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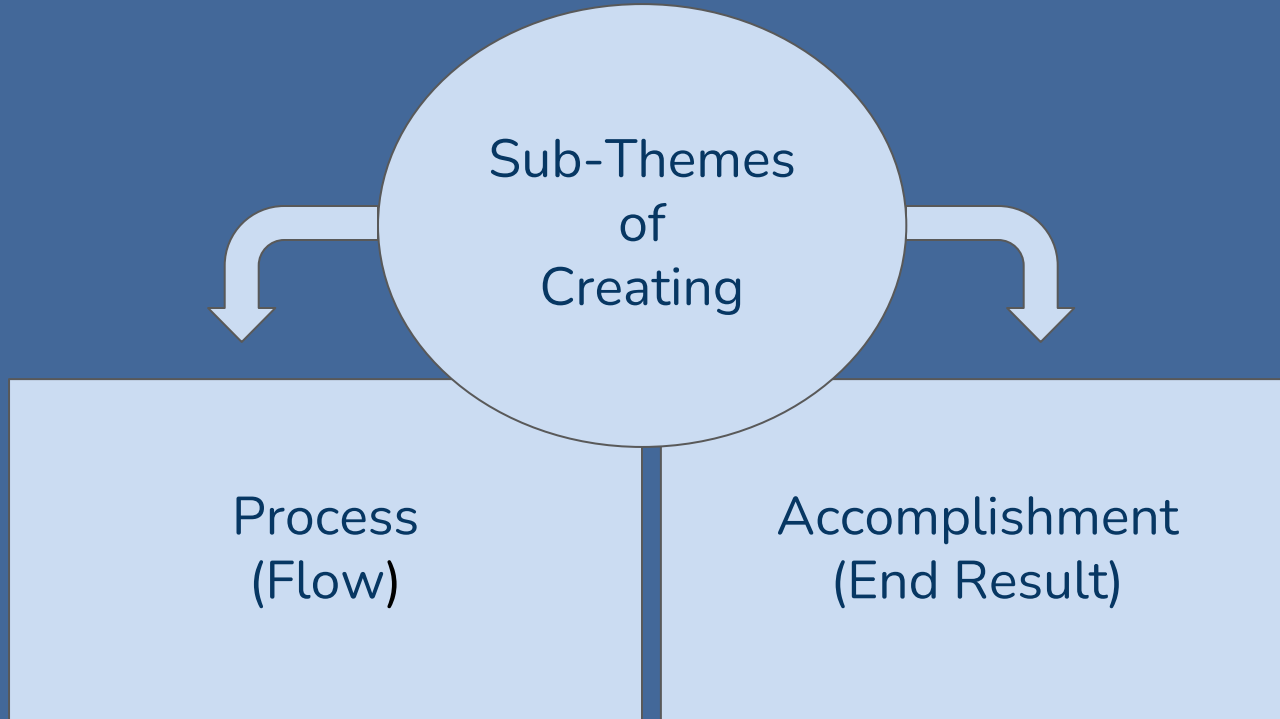
PRIOR RESEARCH

CURRENT STUDY

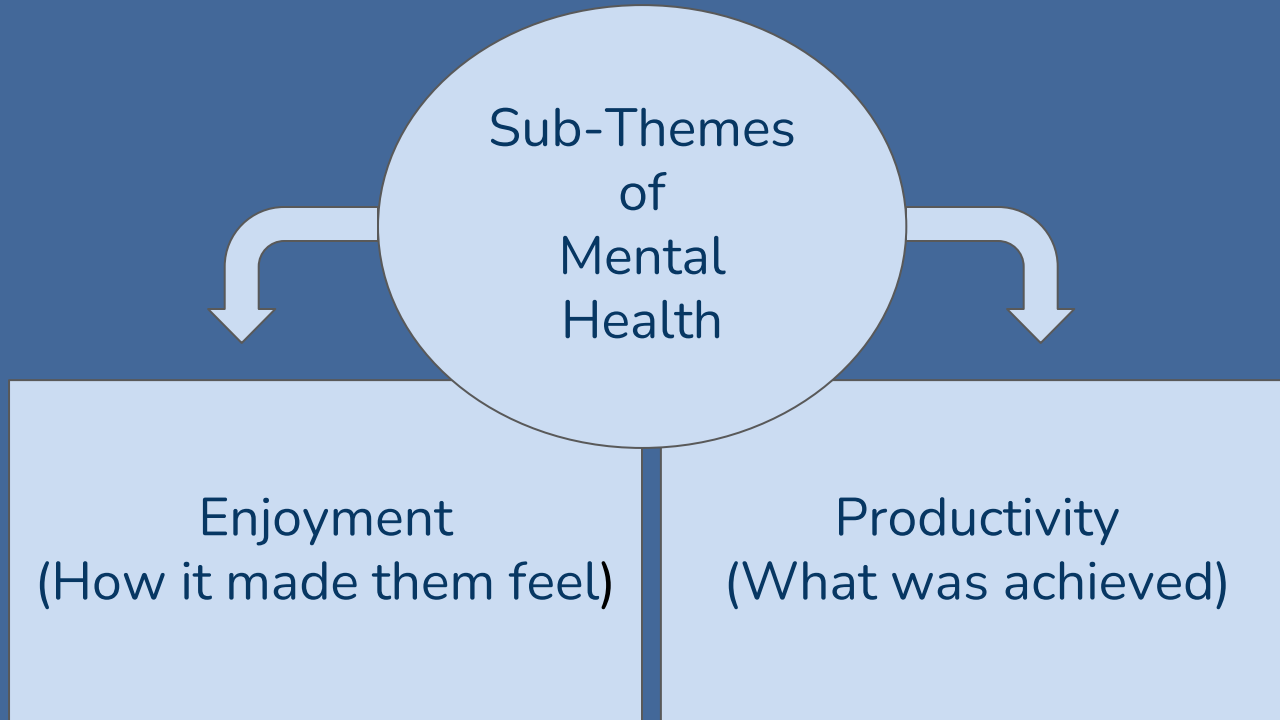
- Interviewed 8 participants by Zoom and phone
- Convenience Sample
- Population selected was from 2 county area in mid-central Kansas
- Inclusion Criteria included:
 - 65 and older
 - Live in Marion or Chase counties
 - Live independently
 - Be willing to meet with me for three interviews

CATEGORIES & THEMES

CREATING



MENTAL HEALTH



CONNECTION TO OTHERS



Generational



Others who enjoy
quilting

Interview results

‘DEVELOPED AN INTEREST’

Interview results

**‘PASSED INTEREST TO FUTURE
GENERATIONS’**

Interview results

‘EXPERIENCING MINDFULNESS’

Interview results

‘CREATIVITY’

Interview results

‘PURPOSE’

Interview results

‘BENEFITS’

Interview results

‘FEELINGS EXPERIENCED’

Interview results

**‘QUILTING AND HEALTH
RELATIONSHIPS’**

Interview results

‘COMMUNICATION BENEFITS’

Interview results

**‘COMMUNICATION
ENHANCEMENT WITH
HEALTHCARE PROVIDERS’**

NOTABLE POINTS REVEALED IN THE STUDY

LIMITATIONS OF THE STUDY

- Concern study would not apply in other geographical areas
- Concern I would not hear the responses accurately
- Interviews conducted vis Zoom or phone

HOW DO FINDINGS RELATE TO THE LITERATURE?

- The study supports a connection between creativity and physical health
 - Physical
 - Aids in mobility
 - Maintains agility
 - Benefits recuperation from surgery
 - Improved eye-hand coordination
 - Mental
 - Provides relaxation
 - Therapeutic
 - Feelings of peacefulness
 - Assists in processing grief

WAYS TO FOSTER
CREATIVITY/MINDFULNESS
IN PRACTICE

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