

National Academy of Sciences  
National Research Council  
Division of Behavioral and Social Sciences and Education  
Committee on National Statistics

***Workshop on Research Gaps and Opportunities for Exploring the Relationship  
of the Arts to Health and Well-Being in Older Adults***

Agenda

September 14, 2012

500 Fifth St. NW (the Keck Building), Room 100  
Washington, D.C. 20001

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This workshop is presented by the National Academy of Sciences, Committee on National Statistics, at the request of a consortium of the National Endowment for the Arts and three units within the National Institutes of Health: the National Institute on Aging, the Office of Behavioral and Social Sciences Research, and the National Center for Complementary & Alternative Medicine. The purpose of the workshop is to identify research gaps and opportunities for exploring the relationship of arts participation and creativity to physical health and psychological well-being in older adults. It will provide a critique of the field, including challenges in undertaking research capacity-building; and it will offer guidance for the design of future studies and research funding opportunities.

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8:30 am	Introductions and Welcome Chair: <b>David Reuben</b> , UCLA
8:35-8:45	<b>Welcome on Behalf of the National Academies</b> <b>Connie Citro</b> , Committee on National Statistics
8:45-9:00	<b>Intended Workshop Outcomes</b> <b>Marie Bernard</b> , National Institute on Aging, National Institutes of Health; <b>Rocco Landesman</b> and <b>Sunil Iyengar</b> , National Endowment for the Arts
9:00	The relationship of arts programs and interventions to psychological well-being, cognitive, sensory, and motor skills function in older adults, and the underlying neural processes.  Moderator: <b>Art Kramer</b> , University of Illinois.
9:05-9:35	<b>Participatory Arts for Older Adults: Benefits and Challenges</b>

**Tony Noice**<sup>1</sup>, Elmhurst College; Helga Noice, Elmhurst College; and Art Kramer, University of Illinois at Urbana-Champaign

9:35-10:05 **Music and Aging: Making Music**  
**Nina Kraus**, Northwestern University and Alexandra Parbery-Clark, Northwestern University

10:05-10:20 Floor Discussion

10:20 Break

10:30 Comparative benefits or weaknesses of arts therapies over other behavioral and/or pharmacological interventions for older adults experiencing declines in cognitive, sensory, and/or motor ability.

Moderator: **Becca Levy**, Yale University

10:35-10:55 **“Shall I Compare Thee to a Dose of Donepezil?”: An Overview Intervention Research in Dementia Care**  
**Kate de Medeiros**, Miami University and **Anne Basting**, University of Wisconsin-Milwaukee

10:55-11:15 **Music and the Brain in Health and Disease: What we learned from Correlational, Longitudinal, and Stroke Recovery Studies**  
**Gottfried Schlaug**, Harvard University

11:15-11:35 **Using Music to Manage Symptoms of Dementia: What is the State of the Science?**  
**Julene Johnson**, University of California San Francisco

11:35-12:00 Floor discussion

12:00 Lunch

1:00 Cost-benefit analyses associated with the inclusion of arts programs and interventions in healthcare delivery for older adults.

Moderator: **David Reuben**, UCLA

1:05-1:35 **A Primer on Cost Benefit Analysis**  
**Emmett Keeler**, RAND and UCLA

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<sup>1</sup> Primary speaker shown in bold.

1:35-1:50	<b>Cost and Cost Effectiveness in the Translation from Randomized Controlled Trials to Community Evidence-Based Arts Programs</b> Thomas Prohaska, George Mason University and Melissa Castora-Binkley, University of South Florida
1:50-2:05	<b>Discussant: William Spector</b> , Agency for Healthcare Research and Quality
2:05-2:20	Floor discussion
2:20	Break
2:30	The relationship of aesthetics and design factors to health and quality-of-life-related outcomes of older adults in long-term care and assisted living facilities.  Moderator: <b>Sandra Crewe</b> , Howard University
2:35-3:00	<b>How the Design of the Assisted Living and LTC Environment Impacts the Success of Arts Programs</b> Victor Regnier, University of Southern California, Los Angeles
3:00-3:25	<b>The Role of Visual Art in Improving Quality-of-Life Related Outcomes for Older Adults</b> Kathy Hathorn, American Art Resources
3:25-3:40	<b>Discussant: Valerie Fletcher</b> , Institute for Human Centered Design
3:40-3:50	Floor discussion
3:50	break
4:00	Research Gaps and Opportunities: A Summary  Panelists will summarize the workshop and offer their own insights about research needs in the field, addressing specifically such themes as the state of evidence for causal links between arts programs and specific outcomes; appropriate research designs to improve the quality of such evidence; basic and translational research needs; and cost-benefit analyses and other practical considerations for the implementation of evidence-based programs.

Moderator: **David Reuben**, UCLA

4:05 **Margie Lachman**, Brandeis University  
4:15 **Art Kramer**, University of Illinois at Urbana-Champaign  
4:25 **Becca Levy**, Yale University  
4:35 Floor discussion

5:30 Adjourn