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老いと創造性：芸術療法の可能性

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Creativity in Old Age: Art Therapy, Art Works

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Abstract

Creativity is believed to be one of the most precious treasures of a human being. Thus we try to encourage the creativity of older people even if they have dementia. It is important to appreciate the strength, experiences and emotions of older people not to just regard them as frail care recipients. Art therapy and art work enable older people to express their feelings, thoughts, relationships with significant others in various methods such as painting, calligraphy and collage. Calligraphy is an art method developed from ancient China, Korea, Japan, using a soft brush. Cases were presented in the paper.

Key words: creativity, old age, art therapy, art works, calligraphy