

# Community Creative Aging Action Research: Life Stories

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## ABSTRACT

Population aging is an important issue facing the world today. Promoting community-based elderly curriculum learning is an important measure to address the aging population. Elderly people can stimulate their potential through continuous learning and achieve creative aging. However, there is a lack of practical strategies for elderly people to participate in artistic and creative activities both domestically and internationally. Therefore, this study aims to construct a practical model of "elderly community art courses to promote creative aging" based on the perspective of creative aging and the theme of life story picture books, and implement it in three communities in Shenzhen. The research subjects are elderly people who frequently reside in three communities, with a total of 18 elderly people aged 60 to 90 participating in the course. This study adopts the action research method to establish an interactive relationship with the research subjects in the practice of community elderly life story picture book art courses. The action process is recorded, and through on-site observation records, action logs, and actual teaching research results, cross comparison, organization, and analysis are conducted. Finally, teaching reflection and feedback, specific teaching suggestions, and practical experience are summarized and synthesized. The results of this study show that: (1) the life story picture book curriculum model constructed in this study is helpful for elderly people to review their lives and integrate themselves, and is also applicable to creative aging courses in the community; (2) Artistic companionship helps to enhance the learning and cognitive abilities of the elderly, as well as the benefits in terms of emotions and skills; (3) The impact of art courses on the lives of the elderly is positive, including enriching life experience, enhancing aesthetics and self-confidence, and enhancing social interaction. The research results reflect that art courses are an effective way to promote creative aging among elderly people in the community. The action research plan presented in this study provides reference for related research and practice in the fields of creative aging and design.

**Keywords:** Creative Aging; Art Curriculum; Elderly Community

## How to Cite

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