

Physical Outcomes include:

- Increase awareness in ability of ones' own body.
- Increase energy level, oxygenation, and circulation.
- Increase immune system activity.
- Reduce pain.
- Increase muscular strength.
- Improve flexibility and balance.
- Improve cardiovascular functioning.
- Improved strength and stability.
- Increase endurance.
- Improve gross and fine motor skills
- Decreased blood pressure.
- Increased mobility and muscular strength.
- Decreased pain and stiffness
- Increased mobility
- Increased relaxation.
- Reduced reliance upon medication.
- Increased ability to effectively manage stress
- Increase vitality

Intellectual/Cognitive Outcomes include:

- Increase memory
- Improve communication skills
- Increase knowledge in arts area
- Recall memories initiated through art form
- Increase independence for making choices.
- Increased ability to focus and concentration
- Increased alertness
- Increased awareness of surroundings
- Improved attention span
- Improved problem solving skills
- Reduced confusion and disorientation
- Increased ability to follow direction

Social Outcomes include:

- Decreased loneliness
- Increased affiliation with others/peers/community
- Increased verbal interaction
- Improved morale and life satisfaction
- Increased sense of community involvement
- Increased involvement and participation
- Increased interactions with others
- Gain greater respect for individual differences
- Demonstrate greater interest in oneself and others
- Increase overall activity level
- Increased sense of personal control

Emotional Outcomes include:

- Reduced depression.
- Decreased anxiety
- Improves sense of self.
- Develops a sense of pride and self-esteem in participants through creative self-expression satisfaction the joy of learning something new.
- To empower older adults to discover new talents and explore creative outlets in a safe and supportive environment
- Increase empathy
- Improve self awareness
- Exhibit understanding of own emotions
- Improves confidence
- Exhibits peacefulness
- Increase in self-worth

Spiritual Outcomes include:

- Increased self expression
- Express individuality
- Celebrate diversity through various creative arts tools and educational arts contexts
- Exhibit "Process not Product" approach toward artistic growth and self-actualization
- Create expressive artwork

Vocational Outcomes include:

- Increase sense of purpose
- Enhanced knowledge of art form and/or techniques
- Demonstrate knowledge, use, and mastery of technical skills through various art forms and techniques.
- Demonstrate understanding and appreciation of personal, cultural and historical art contexts through arts education
- To help older adults, including those with physical disabilities and illness, memory loss, or other chronic conditions, acquire knowledge, understanding, and skills in the arts

SOCIAL WELLNESS: A socially well person contributes to one's human and physical environment for the common welfare of one's community. He/she takes an active role in promoting a healthy living environment, encourages effective communication among community members, and seeks to preserve the beauty and balance of nature. A person experiencing social wellness is living in harmony with his/her fellow human beings, seeking positive, interdependent relationships with others, and developing healthy sexual behaviors. A socially well person works for mutual respect and cooperation among the individuals within a community.

INTELLECTUAL WELLNESS: Intellectual wellness is evidenced by self-directed behavior, which includes continuous acquisition, development, creative application, and articulation of critical thinking and expressive/intuitive skills and abilities focused on the achievement of a more satisfying existence. Intellectual wellness is also evidenced by a demonstrated commitment to life long learning.

SPIRITUAL WELLNESS: A person engaged in the process of spiritual wellness is willing and able to transcend oneself in order to question the meaning and purpose in his/her life and the lives of others. He/she is involved in the process of questioning all that is around him/her and has an appreciation for that which cannot be completely understood. This person seeks to find harmony between that which lies within and the social and physical forces that come from outside. The person on a path towards spiritual wellness is learning to be tolerant of the opposites and contradictions that exist within his/her world and beliefs and influences of others. He/she is able to engage in the formulation of a systematic worldview, and system of values that give unity, purpose and goals to one's hopes, striving, thoughts and action.

PHYSICAL WELLNESS: People experiencing wellness in the physical dimension work toward investing time each week in the pursuit of endurance, flexibility and strength. Physical wellness involves taking responsibility and care for minor illness and also knowing when professional medical attention is necessary. Physical wellness includes being able to monitor one's own vital signs whether perceived or measured. Physical wellness entails an understanding of the relationship between sound nutrition and the functioning of the body. Included in physical wellness is an awareness of the body's true identity, depth of feelings, tension patterns, reactions, balance and harmony.

EMOTIONAL WELLNESS:

An emotionally well person is both aware of and accepts a wide range of feelings in him/herself and others. He/she is able to freely express feelings and to manage feelings effectively to arrive at personal choices/decisions based upon the integration of feelings, cognition and behavior. He/she is self-aware and self-accepting while remaining flexible and continually open to personal development. The emotionally well person can function autonomously but is aware of personal limitations and the value of seeking interpersonal support and assistance. He/she also forms interdependent relationships based upon mutual commitment, trust and respect. The emotionally well person is willing to accept challenges, take risks, and acknowledge conflict as being potentially healthy. The emotionally well person maintains a generally positive approach to life that is rooted in his/her sense of personal responsibility for, and ability to manage, his/her life in personally fulfilling ways. Emotional wellness is not an end stage but a continual process of change and growth.

OCCUPATIONAL WELLNESS:

The occupationally well individual contributes her/his unique skills/talents to work that is meaningful and rewarding. This person's values are expressed through involvement in paid and non-paid activities that are personally rewarding for the individual and make a contribution to the well-being of the community at large. He or she has satisfactorily integrated his/her commitment to the occupational realm into a total lifestyle that is rewarding.