

# Theatre as a pathway to healthy aging

THEATRE AS A PATHWAY TO HEALTHY AGING is a collaborative project between the GeriActors and Friends, an intergenerational theatre company in Edmonton AB, and researchers at the University of Alberta and Trent University. With funding from the Canadian Institutes of Health Research (2010-1012), the project will explore older adults' participation in theatre and research and its effects on health and wellness.

## Research

- Examine GeriActors and Friends archives to document the historic and cultural context of intergenerational participatory theatre and healthy aging
- Interview theatre company members, past and present, to document the relationship between theatre participation and health

## Theatre and Exhibit

- Develop performer-created plays based on research findings
- Produce DVD of play and creative process in collaboration with GeriActors and Friends
- Exhibit artifacts representing the themes and issues of the play
- Perform play for various audiences

## Research on the Collaborative

- Reflect on the process of how we work together
- Determine the best way to collaborate with older adults on research about the arts and healthy aging
- Share research findings with practitioners and researchers

## Connection with UK

This project has an explicit connection with the Ages and Stages program based at Keele University that is exploring how age and aging have been constructed, represented and understood in the New Vic Theatre's social documentaries from the 1960s to the 1990s



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