

Creative Health

All you need to know

What is Creative Health?

'Creative Health' encompasses all arts and health interventions and experiences delivered in partnership with individuals (clients, patients, general public), communities and multi-skilled professionals. Levels of participation and engagement may vary across the trajectory of wellness, illness, and rehabilitation with the aim of improved wellbeing and better health outcomes. 'Creative Health' is delivered and experienced in diverse settings, is driven by equity of access, connectivity, celebrates innovation and champions evidence based practice.

Arts

Different ways of being creative, just to name a few



music

painting & drawing



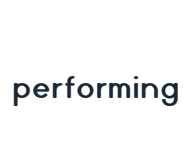
storytelling & writing



digital art



dance



performing

Health

Physical, mental and social health and wellbeing, both for individuals and communities

maintaining health



preventing poor health

research



treating illness

rehabilitation



dying well

Why?

There is a large body of evidence that demonstrates how participation in creative activities helps people to feel better both physically and mentally.

Studies have demonstrated that participation in the creative arts can do all sorts of things for your health – for example:

Involvement in the creative arts can:

- Reduce medication needs
- Increase tolerance of symptoms/treatment
- Provide comfort and reduce stress and anxiety
- Improve communication with health professionals
- Help to alleviate pain
- Shorten lengths of stay in hospital
- Enhance capacity to resolve social issues

Where?

Creative Health can happen anywhere

- Hospitals
- Schools and Universities
- Community Centres
- Parks & Recreation Centres
- Workplaces
- Households
- Arts and Cultural Institutions

Who?

Creative Health is for everyone

All Ages

From very young children who are still developing to older people who are dealing with physical and mental decline



All levels of health

You might want to stay healthy, get healthy or recover from ill health



All cultures

Respectful of all values, beliefs and cultural backgrounds



All levels of ability

No experience necessary and suitable for people with diverse physical and mental capabilities



People that are involved with Creative Health practice include:

- Educators
- Artists and Performers
- Music Therapists
- Counsellors
- Medical Staff
- Architects and designers
- Art Therapists



The Institute for Creative Health is a national independent, non-profit Australian organisation. We advocate for the arts to be delivered within health and social service organisations and develop arts projects that improve people's health and wellbeing. We support organisations, artists and practitioners to better deliver creative health programs and enhance health services.

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