



Creative Aging Paper Portraits

In Creative Aging, art-making projects are designed to emphasize the tactility of working with different art mediums and creative decision-making. Such projects build self-confidence and foster a sense of play for people living with dementia. This activity is designed for a care partner to encourage creative exploration and experimentation and for both the person living with dementia and the care partner to discuss and make art.

This project makes use of materials that can be found at home or a grocery store. You will use materials such as magazines, paper bags, old greeting cards, and mixed paper to create a collage portrait of a loved one. This project is also a wonderful way for you to collaborate with someone to create a portrait of someone you both know (human or animal) and adore..

You will need...

- Paper to work with (sketchbook or drawing paper, copy paper, a paper bag, or file folder)
- Glue stick, Elmer's glue, carpenter's glue, or tape
- Colored pencils, markers, or pens
- Scissors (optional)

Steps:

- Brainstorm who you would like to depict for your portrait.
 - a. What do you love about them?
 - b. What do they like to do?
 - c. Where do they like to go?
 - d. What colors make you think of them?
- Decide on a background paper and cut or tear shapes from your variety of papers into shapes that you'd like to use for the collage..

- If you are working as a team, one person could draw the shapes and one person could cut, or one person could suggest ideas while the other artist makes the shapes by drawing, cutting or tearing. Collaboration in any form is fun!
- Glue or tape the shapes onto your background paper in a way that is pleasing to you. If you are using tape, feel free to make the tape part of your design and don't be afraid to let it show. Overlapping shapes and going off the page with shapes are encouraged!
- Elaborate on your ideas and add to your design with your colored pencils, markers, or pens.
- Voila!