

Empowering Individuals through Creative Wellness Opportunities

Every person deserves opportunities for creativity, connection, and joy. For adults in day programs, enrichment activities like art, gardening, music, and wellness workshops are more than just fun, they're essential. These experiences **promote mental health and communication, reduce isolation, and build confidence and community.**

Why Wellness Matters



Call to Action

If you're a parent, caregiver, or advocate:

- **Talk** to your local Case Management Agency about adding enrichment activities to your loved one's day program.
- **Ask** your day program how you can support creative wellness efforts like art, gardening or music classes.
- **Advocate** for funding at the local and state level to ensure enrichment is prioritized, not optional.

As Colorado considers the future of day programs and waiver services, we must ensure enrichment isn't left behind. Let's build day programs that enrich, uplift and inspire.

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Benefits of Creative Wellness Opportunities For Individuals in Day Programs



Kayla Casteel, 24'-25' LEND Family Trainee





Insights from Day Program Leaders

In conversations with day program leaders, a consistent theme emerged: **enrichment activities are deeply valued by individuals with developmental disabilities or delays but often under-resourced**. While often underfunded or seen as extras, these opportunities play a crucial role in promoting engagement, connection, and overall well-being. Common barriers to offering enrichment activities include limited funding, staffing challenges, transportation issues, and space constraints.


"Creative arts therapies and arts-in-health programs can help to address specific physical and mental health conditions, and can improve the quality of life for patients and their caregivers." [National Endowment for the Arts](https://www.nea.gov/)

Resources: There is some funding help out there!


The Arc of Colorado – Statewide advocacy and support for people with intellectual and developmental disabilities. <https://thearcofco.org>


National Endowment for the Arts (NEA)- Federal funding and research support for creative programs that enhance health, inclusion, and community well-being. <https://www.arts.gov>

Impact of Wellness Activities

76%  in
of participants
structured art
programs reported **improved
mood and reduced anxiety**

(National Endowment for the Arts, 2019)

 **58%**
reported **improved
memory, focus, and executive
function** from visual arts programs
(Stuckey & Nobel, 2010)

65% 
of participants
demonstrated **enhanced verbal
and non-verbal communication**
in group therapy

(Schweizer et al., 2014)

