

Benefits of Volunteering and Visiting Museums

Aging may be a complicated process for older adults. The elderly can face more health problems such as cognitive and mobility impairment. Active aging is essential because staying active helps older adults stay healthy by increasing their participation in activities, improving their well-being and mobility balance. According to [Museum Next](#), staying active can help one become less isolated by interacting with others within their community to feel happier.

The average life expectancy is rising year on year worldwide. According to the [American Alliance of Museums](#), the elderly population has increased and will continue to do so. By 2035, there will be 78.0 million people aged 65 years and older in the United States. As an effect of the increased population, more older adults are taking advantage of staying motivated by volunteering or visiting new places. Volunteering is a great way to continue experiencing motivation and interest after retirement.

Becoming involved in museums has positively impacted older adults because it has proven to help reduce feelings of anxiety, depression, and stress in exchange for more productivity and understanding of their surroundings. Interacting in museums by volunteering or visiting for the day has many benefits, such as allowing our loved ones to gain knowledge, stay active, connect with others, and enjoy the moments while learning about natural history and art.

Museums are public places that positively impact the current generation by creating programs to allow new learning opportunities and explore new ideas. This is done by adjusting their sites to enable accessibility for seniors and people with disabilities.

Benefits of visiting & volunteering in Museums:

- Prevent isolation and depression
- Helps with mental and emotional health
- Promotes physical activity
- Feel connected and valued
- Learn new skills
- Improve communication by interacting with others
- Provide an opportunity for meaningful work

How can older adults volunteer in Museums:

- Welcome and interact with the public and community
- Answer directory questions
- Direct visitors to programs, events, and exhibitions offered at the Museum

Visiting museums is an excellent way for older adults to enjoy breathtaking views of nature, art, and history. As previously mentioned, helping older adults stay entertained will assist in improving their health overall, including their abilities to communicate, memorize, understand, and reduce levels of depression. According to the [Inspir Senior Living Team](#), great tips to consider when visiting museums with our elderly loved ones are by calling ahead to check on the hours of operation to avoid crowds or the busiest hours. If accessibility accommodations are needed, ask about their accommodations like audio tours, assistive hearing devices, areas that

are wheelchair accessibility, and elevators. Alert the museum of the needed accommodations when planning the visit to help enhance the museum experience. It is suggested that older adults visit museums with a loved one or a caregiver to help assist their needs and create connections.

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