ERA | Erasmus+ Cooperation Project

ERA MOBILE ART THERAPY CLINIC

Bringing creativity, connection and well-being closer to older adults



WHAT IS THE MOBILE CLINIC?

The ERA Mobile Art Therapy Clinic is a flexible, community-based model that brings creative and therapeutic activities closer to older adults in rural and remote areas. It combines eco-art sessions, social interaction and optional digital experiences in a mobile and adaptable format.

WHY IT IS NEEDED

- Geographical isolation
- Limited mobility
- Lack of transportation
- Insufficient local services

WHAT THE CLINIC OFFERS

- Creative expression
- Eco-art and nature-based activities
- Social connection and group reflection
- Optional VR mindfulness experiences
- Accessible and supportive facilitation
- Flexible setup for different community spaces

EXAMPLE ACTIVITIES



Scrapbooking & storytelling



Ebru marbling



Stone and wood painting



Mosaics and handcrafts



Traditional crafts & embroidery



VR mindfulness

WHO IT SUPPORTS

Older adults in rural communities, care homes, day centres and community programmes, especially those experiencing social isolation, reduced mobility or limited access to creative and supportive services.



PILOT IMPLEMENTATION

Klaipėda, Lithuania: the mobile clinic was piloted as a real-life deployment to test functionality, usability and adaptability, while combining infrastructure, creative sessions and community engagement.



CORE DESIGN PRINCIPLES

01 **Accessibility**
Easy participation for older adults with physical, sensory or cognitive needs.

02 **Safety & comfort**
Supportive spaces, non-toxic materials and emotionally safe facilitation.

03 **Eco-friendly design**
Natural, recycled or reusable materials and sustainable practice.

04 **Flexibility**
Works in different locations, local contexts and group sizes.

BENEFITS FOR PARTICIPANTS

- Creativity
- Well-being
- Memory & attention
- Social connection
- Active ageing

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3 countries | 5 partners | 632 older adults in the needs analysis | 6 creative tools

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