



## **Arts and Creativity Resources**

The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

[http://www.paralysis.org/site/c.erJMJUOxFmH/b.1297525/k.86B3/Active\\_Living.htm](http://www.paralysis.org/site/c.erJMJUOxFmH/b.1297525/k.86B3/Active_Living.htm)

By participating in the arts, people with disabilities greatly contribute to our workplaces and communities, help bury old stereotypes regarding disability, and create a global culture truly representative of all people.

The arts enhance lives in many ways. They improve both personal and academic success, from the beginning of a child's education through the time of adulthood and career. Elementary school students who participate in music programs score higher in reading, mathematics, language, and overall achievement tests. Students who study the arts in high school earn higher test scores. And students who participate in studio art courses improve their writing and vocabulary skills. These findings underscore the value of the arts in positively shaping the lives of all people, including people with disabilities.

Because art is an infinite and unconditional field, people with disabilities are free to express themselves without physical, social, or attitudinal barriers.

Art is the universal language that has the ability to unite all people. The Arts and Creativity links (click on Recommended Web Sites in the upper right of this page) connects to organizations that encourage participation in visual arts, music, theater and dance.

Source: VSA

### **Web Sites**

[www.princetonhcs.org](http://www.princetonhcs.org)

#### **ArtFirst!**

University Medical Center at Princeton  
253 Witherspoon St.  
Princeton, NJ 08540  
609-497-4000

An international juried exhibition and sale of original arts and fine crafts by professional artists with disabilities.

[www.anthonystarez.com/](http://www.anthonystarez.com/)

**The Art of Anthony Rain Starez**

Anthony taught himself throughout his teens to play piano and guitar by ear, creating songs and chord progressions. At age 21, Anthony had a bad car accident. The accident caused a high-level spinal cord injury that paralyzed Anthony in most of his body, leaving him with limited arm movement. Approximately two years after his accident, Anthony learned to drive again, adjusted to life in his new body and eventually graduated college with a Bachelor of Arts degree in Mass Communications from the University of South Florida. While attending classes, he began freelance writing as a music journalist and a humor columnist for USF's well-respected newspaper, The Oracle. Visit Anthony's web site to learn more.

[www.artrodfoundation.com/](http://www.artrodfoundation.com/)

**Art Rod Foundation, Inc.**

The Art Rod Foundation, Inc. is a non-profit organization promoting handicapped awareness and the triumph of the human spirit. The Art Rod is located in Metamora, Illinois, and will travel to various schools with artist Greg DePauw, an incomplete quadriplegic, who teaches basic drawing and watercolor techniques. He speaks about self-respect, setting goals, dreaming and how to develop a "Can-Do" attitude!

<http://www.artheals.org/start.html>

**Arts and Healing Network**

Is an Internet resource considering the connection between art and healing.

[www.amfpa.com/](http://www.amfpa.com/)

**Association of Foot and Mouth Painting Artists**

Offers financial support to develop the talents painters accepted in the group.

<http://sci.washington.edu/info/forums/reports/conversations-2.asp>

**Conversations...Artists.** Seattle, WA: University of Washington, 2009. streaming video 50 mins.

Artists discuss their art in the context of their SCIs.

<http://nadc.ucla.edu/>

**The National Arts and Disability Center (NADC)**

NADC is a referral center specializing in arts and disability. NADC is dedicated to full inclusion of children and adults with disabilities into the visual, performing, media, and literary arts communities. A project of the University of California at Los Angeles (UCLA), Tarjan Center for Developmental Disabilities (formerly University Affiliated Program).

[www.vsarts.org](http://www.vsarts.org)

## **VSA**

Founded in 1974 as an affiliate of The John F. Kennedy Center for the Performing Arts, VSA creates learning opportunities through the arts for people with disabilities. The organization offers arts-based programs in creative writing, dance, drama, music and the visual arts implemented primarily through an affiliate network in 39 states and 70 international affiliates in 67 countries.

## **Dance**

<http://www.aeroinc.org/>

### **Aero Inc.**

A Boston non-profit featuring mixed abilities dancers.

[www.axisdance.org/](http://www.axisdance.org/)

### **Axis Dance Company**

Oakland, CA

Axis Dance Company has performed its innovative body of work in theaters and dance spaces at throughout the U.S. as well as overseas. AXIS has become an internationally known resource for physically integrated dance and is one of a handful of companies setting a standard for professionalism in this emerging field.

<http://www.dancedetour.org/>

### **Dance Detour**

1935 South Archer Avenue, Suite 413

Chicago, IL 60616

312-341-1018

Founded in 1995, *Dance Detour* is Chicago's first professional "diverse-abilities" dance company comprised of multi-talented artists with and without disabilities. The focus of their work is solely dedicated to the art of physically integrated dance and collaborations that include dancers of all abilities.

<http://www.danceability.com/>

### **DanceAbility International**

Eugene, OR

541-342-3273

Their mission is to encourage the evolution of mixed-abilities dance by cultivating a common ground for creative expression for all people. The mission is accomplished through performance, educational programs, teacher training and workshops.

<http://www.dancingwheels.org/>

### **Dancing Wheels Company & School**

3615 Euclid Ave

Cleveland, OH 44115

216-432-0306

<http://www.fullradiusdance.org/>

### **Full Radius Dance**

PO Box 54453  
Atlanta, GA 30308  
404-724-9663

Explores, through modern dance, the sweep of the human experience in a world that contains a diversity of attitudes, actions and outcomes, affects change for persons with disabilities, dance artists and the general community.

<http://www.thegimpproject.com/gimp/>

### **GIMP Project**

400 West 43rd St. #21S  
New York, NY 10036  
212-268-0976

<http://www.infinitydance.com/>

### **Infinity Dance Theater**

220 West 93rd Street  
New York, NY 10025

<http://www.ncpad.org/programs/index-title.php?id=2755&letter=L>

### **Light Motion**

Seattle, WA  
206-328-0818

<http://www.sinsinvalid.org/>

### **Sins Invalid**

San Francisco, CA area  
510-689-7198

Sins Invalid is a performance project that incubates and celebrates artists with disabilities, centralizing artists of color and queer and gender-variant artists as communities who have been historically marginalized.

### **Music**

<http://www.disabled-musicians.org>

### **Coalition for Disabled Musicians, Inc.**

A forum connecting musicians and facilitating studio time and recording. Check out the adaptive gear section for ideas on improving your techniques. Introduces disabled musicians to each other, offers an accessible rehearsal and recording studio and helps with adaptive techniques for pain, endurance, and other limitations.

<http://www.disableddrummers.org>

### **Disabled Drummers Association**

An awareness website dedicated to eliminating the stereotype of musicians with disabilities, including a marketplace to buy, sell and trade equipment, as well as music therapy courses.

<http://www.ravendrumfoundation.org>

**The Raven Drum Foundation**

Developed by Def Leppard drummer Rick Allen to encourage the healing powers of drumming.

**Performing Arts/Theater**

[www.ntwh.org](http://www.ntwh.org)

**National Theatre Workshop of the Handicapped (NTWH)**

A theater training school for people with disabilities with offices in NYC and Maine.

[www.disabilityproject.com/](http://www.disabilityproject.com/)

**The Disability Project**

That Uppity Theatre Company produces The Disability Project, a St. Louis-based ensemble of conversation, writing, sound, movement and theatrical exercises to empower individuals, honor their stories, spark imaginations, foster community and enhance public awareness about disability. Explores architectural accessibility, transportation, sexuality, health care, humor and societal attitudes.

<http://www.arts.gov/resources/Accessibility/NTCP.html>

**The Non Traditional Casting Project**

1560 Broadway, Suite 1600,  
New York, NY 10036  
Telephone -- 212/730-4750

The Non Traditional Casting project is a non-for profit advocacy organization that works to advance the participation of artists of color, female artists, artists who are deaf or hard of hearing and artists with disabilities. Please contact them if you would like to be included in their data files.

<http://www.quest4arts.org/company/about.htm>

**Quest: Arts for Everyone**

Has a quarterly online newsletter, Opening Stages, for people with disabilities looking for careers in the performing arts.

[http://members.cox.net/weoholson/stunt\\_classes.htm](http://members.cox.net/weoholson/stunt_classes.htm)

**Stunts-Ability**

Trains disabled persons for stunts, acting and effects for the entertainment industry. They are located in San Diego, California.

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

**Books**

Albright, Ann Cooper. **Choreographing Difference: The Body and Identity in Modern Dance**. Middletown, Conn.: Wesleyan University Press, 1997.

Alexander, Marc. **Painters First : Art Celebrating the Conquest of Misfortune**. Hampshire, England: Leader Books, 1995.

Bailey, Sally Dorothy. **Wings to Fly: Bringing Theatre Arts to Students with Special Needs**. Rockville, MD: Woodbine House, 1993.

**Beyond Victims and Villains: Contemporary Plays by Disabled Playwrights**. Victoria Ann Lewis, editor. New York: Theater Communications Group, 2006.

Cohen, Jane G. and Marilyn Wannamaker. **Expressive Arts for the Very Disabled and Handicapped for All Ages**. Springfield, Ill.: Charles C. Thomas, 1996.

Fahy, Thomas and Kimball King, Editors. **Peering Behind the Curtain: Disability, Illness, and the Extraordinary Body in Contemporary Theater**. New York, NY: Routledge, 2002.

Kaufmann, Karen A. **Inclusive Creative Movement and Dance**. Champaign, Ill.: Human Kinetics, 2006.

Lefens, Tim. **Flying Colors: The Story of a Remarkable Group of Artists and the Transcendent Power of Art**. Boston, MA: Beacon Press, 2002.

Pointon, Ann and Chris Davies, Editors. **Framed: Interrogating Disability in the Media**. London: British Film Institute, 1997.

Scribner, Paul, Editor. **Putting Creativity to Work: Careers in the Arts for People with Disabilities**. Washington, DC: VSA, 2000.

Syll, Monita Imbert. **Victors All**. Los Angeles, CA: Authors Unlimited, 1992.  
Covers painters who belong to the International Mouth and Foot Painting Artists.

Thompson, Lauren. **Ballerina Dreams**. New York: Feiwel and Friends, 2007.  
A true story of 5 little girls with CP who take a ballet class.

Treanor, Richard Bryant. **My Paintings: Celebrating the Good Life**. Washington, DC: Richard Bryant Treanor, 2002.  
Treanor is a wheelchair user due to polio.

Wishart, Cynthia. **Storms and Illuminations: 18 Years of Access Theatre**. Santa Barbara, CA: Emily Publications, 1997.

## Video

- **We Are PHAMALY.** Boston, MA: Fanlight Productions, 2003. 19 minutes. About an acting group based in Colorado called PHAMALY (Physically Handicapped Amateur Musical Actors League).

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**