

Major Reasons To Get Our Seniors Coloring

Those with Dementia and Alzheimers can also benefit

SEDONA, AZ, USA, February 16, 2016 /EINPresswire.com/ -- Some still believe that coloring is only for children but many are noticing the gaining momentum in the popularity of adult coloring. Last Christmas a child was more likely to choose a tablet or games console as a present whereas their mother was likely delighted to receive a set of gel pens and an adult coloring book. To take this a step further, studies now shows that coloring has major potential benefits for the elderly and those with dementia.

"We launched a new set of [colored gel pens](#) for the adult market last Christmas and it is already by far our best seller" said Alice Raven of Colorfest Crafts "It is fascinating watching the continuing explosion of this current craze but I find it particularly encouraging to read about how it can help our older generation"

Current studies show that there are several reasons.

- It can evoke pleasant childhood memories.
- There is no "wrong" way to color so all abilities can do it.
- Many seniors live a solitary life and coloring can keep someone entertained for hours.
- It helps them to maintain motor skills and hand-eye coordination.
- People with dementia can get a positive outcome from coloring, in particular a notable decrease in agitation and anxiety.
- Coloring is relaxing and the need to concentrate to a degree can cause a participant to forget their



troubles whilst engrossed.

- Even a small finished picture can give a great sense of pride and achievement.

Before rushing off to buy an adult coloring book for a senior there are, however, certain things that should be avoided.

Many of the designs today are surreal and abstract which could be confusing and frustrating to a mind having difficulties. So anything that might cause agitation or anger is not a good idea. Good choices are subjects which they could be interested in. For example, dogs and cats, wild animals, flowers, old cars, gardens, buildings etc. Also it is important to avoid something too intricate for those who maybe do not see as well as they used to.

There are also many coloring mediums to choose from today such as colored pencils, ink markers, acrylics and watercolor pencils. Gel pens are particularly popular right now because of their bright and vibrant colors and fun ink effects such as glitter, metallic and neon. Also, older fingers do not need to press hard as the ink flows easily and smoothly.

Colorfest is an emerging new brand in the coloring market. In 2016 they will be expanding their range with more exciting coloring products.

For more information on their gel pen set, visit the company's Amazon page here
<http://www.amazon.com/dp/B01601M65W>

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