

## **“I feel like I’m drawing strength from it”: Lived Experiences of Filipino Elderly Participating in Craft-Making**

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### **Abstract**

In this phenomenological study, the lived experiences of seven Filipino elderly participating in craft-making were explored. The key informants were purposively selected from a municipality in the province of Bulacan, Philippines. The transcribed data gathered through a semi-structured in-depth interview was analyzed using Colaizzi’s approach. Six themes describing the lived experiences emerged: fostering friendship, flourishing health, “furthering service, facing aging with acceptance, finding felicity and self-fulfillment, and feelings of belongingness and security. This exploration speaks to understanding the potential of craft-making as a leisure activity for elderly.

**Keywords:** elderly, craft-making, leisure activity