



TimeSlips™

CONNECTING THROUGH CREATIVITY

Engagement Party Guest Handout



[TIMESLIPS.ORG](https://timeslips.org)

BEAUTIFUL QUESTION:

What is the most beautiful
sound in the world?

WRITE YOUR RESPONSE BELOW:



Thank you for attending a TimeSlips engagement party!

WHAT IS AN ENGAGEMENT PARTY?

Engagement parties are informal and joyful gatherings for those who want to learn how to engage with a friend, family member or neighbor who might be lonely, frail or experiencing memory loss.

At this party you will learn some simple engagement techniques that can create shared moments of imagination - with no right or wrong answers.

This handout was created for you to use during an engagement party and take home with you at the end of the day. It includes spaces for you to respond to some of the creative prompts and activities that you will participate in, examples of other people's responses, and additional information on TimeSlips and other resources that are available to support caregivers.





What do we know about aging & dementia?



A FEW FACTS:

More older adults than ever before live alone — and might experience isolation with the loss of friends or as family members move away or are busy with work.

Social Isolation has been determined to be the health risk equivalent of smoking 15 cigarettes a day. (Holt-Lunstad, 2015)

Dementia is becoming a new normal. Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year. (World Health Organization)

Dementia is a condition that causes neurocognitive changes, making it difficult (but not impossible!) to express oneself.

Dementia is not the end of a person's value or experience as a human being.

There is no cure. But there is hope in prevention — delaying symptoms as long as possible — through diet, education, exercise, meaningful social networks, and providing all older adults a sense of purpose.

CREATIVE ENGAGEMENT IN
FOUR EASY STEPS



Step #1

Lean into your creativity

How does creativity help support communication for people living with dementia?

In situations where a friend or family member struggles to remember information, our impulse might be to distract them or go toward fact and memory.

⊗ “Remember
when we
went to...”

✓ “If you had the
ability to fly,
where might
you go?”

Our impulse is towards memory, but that can prove frustrating.

If someone can't respond, they might feel ashamed or embarrassed. TimeSlips invites you to use creativity to shift - from the expectation of memory to the freedom of imagination!



What is creativity?

- Too often when we think of creativity we only think of it as “Big C” creativity; art that is created by professional artists.
 - Actually, creativity is an innate human characteristic. “Little c” creativity includes the everyday things we do that utilize our creativity.
 - How are you creative in your everyday life?
 - According to Gene Cohen, creativity is simply “adding something new to the world that has value”.
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Yes, and...

Yes, And... is the golden rule of improvisation.

It asks you to respond to the person you are caring for as they are now, not who they used to be, by accepting and affirming their contribution.

It's a radical concept for healthcare because it asks you to respond to everything that's being given to you.

Asking Beautiful Questions

A Beautiful Question is one that opens a shared path of discovery. It is an open-ended question and has no right or wrong answer.

The questions can be simple ways of reframing conversations.
Or profound.

Creative Storytelling

TimeSlips uses a variety of prompts to engage people in “creative conversations” and imagine stories together.

Respond to questions about the image below to create a story together:



Where do you want to say this is?

What sounds are in the image?

When do you want to say
this takes place?

What smells?

What do you want to
name them?

What movements are
in the story?

What are they doing?

What happens next?

What are they feeling?

What should we call our story?

What are they thinking?

Creative Storytelling

Use the space below to write out your story using the image
and prompt questions from the previous page!

Visit timeslips.org to access 100s of free images to use as prompts!

Creative Storytelling

Below is an example story based on the same image of the penguins:

Title: Him & Her

It's really nice.

He is saying "Do you want to go down to the water?"

He's going to stay with her every day. Probably.

Maybe they are looking at the stars. They are in awe.

And one has their feet in the water, dipping their toes.

We're just going to leave them alone, as they look so peaceful.

If there are people there, they need to be on the lookout.

They're not going anywhere. They'll be there together for a long time.

They look peaceful. They might say "Let's stay together."

It might be Alaska, or even at the Detroit Zoo.

Maybe they snuck out from the Zoo, and one said, "We made it!"

They will stand there, looking at the water and will be peaceful, until someone comes looking for them.

Perhaps there's a message scratched in the snow, and the message says:

"Stay here forever and ever. Amen."

Beautiful Questions

Beautiful Questions can be a prompt in themselves.
Try the example below! Remember, there are no wrong answers.

BEAUTIFUL QUESTION:

What gift would you give to
the next generation?

WRITE YOUR RESPONSE BELOW:

Beautiful Questions

Beautiful Questions are also a wonderful way to connect with an isolated friend or loved one using remote creative engagement, like a phone call.

TIPS FOR REMOTE CREATIVE ENGAGEMENT:

Allow time for each answer. Silence does not translate into lack of interest.

Provide positive reinforcements like “there are no wrong answers!”

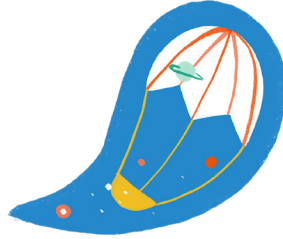
Embrace the small talk. This makes the activity feel more natural.

Be more aware of what you say and how you say it. Echoing in a positive way can also provide encouragement.

Let yourself live in the moment and let the things that come up inspire new Beautiful Questions.

Consider sharing your responses on our website or on our Beautiful Questions voicemail at 1 (800) 220-1822 (ext. 1).

CREATIVE ENGAGEMENT IN FOUR EASY STEPS



Step #2 Create Meaningful Moments

How do I apply this?

1. Invite the person into the moment with you.
2. Ask a Beautiful Question.
3. Echo the response to show proof of listening.
4. Ask another question from their response - Yes, and....

How might we use these creative engagement techniques in everyday situations?

Here are some common situations we've heard from caregivers with examples of using Beautiful Questions and "Yes, and..." to create a creative conversation.



Scenario 1: “Can you pass the...”

Imagine you are having lunch with a friend and they struggle to remember the name for ketchup.

Rather than tell them the name, you could say:

Person A: What do you want to call it?

Person B: Red bottle.

Person A: “Red bottle.” Okay, here’s the red bottle.



Scenario 2: “I want to go home...”

Imagine you are visiting a family member who now lives in an assisted living facility, and they keep saying they want to go home.

To ease their frustration, you could say:

Person A: It sounds like you miss your home. I would love to hear about it. What does “home” mean to you?

Person B: A place full of laughter.

Person A: “A place full of laughter” Why don’t we laugh together now?



Scenario 3: My foot hurts...

Imagine you are visiting a loved one and they keep saying their foot hurts.

Rather than trying to distract them, you could say:

Person A: If your foot could talk, what would it say?

Person B: I'm tired.

Person A: "I'm tired." Okay. What can we do to wake your feet up?



Scenario 4: What do you see?

Imagine you are visiting a friend and they keep looking out the window staring, but not focusing on anything.

To invite them into a creative conversation, you could say:

Person A: I hear birds singing. What do you hear?

Person B: The wind.

Person A: "The wind." What does the wind sound like? Let's make that sound together."



Now that you've heard some common situations where you can use your creativity to engage a friend or loved one, hopefully you'll find opportunities to use these techniques in your own caregiving.

CREATIVE ENGAGEMENT IN
FOUR EASY STEPS



Step #3

Shift From Memory To Imagination



What next?

Now that you've learned more about creative engagement, you are ready to shift from memory to imagination!

It is a natural impulse to go towards fact and memory. Learning to shift to creativity and imagination can take time and practice, but you will soon feel the joy and connection that can blossom with it.



Know that you are an important part of ending the isolation and loneliness that can wrap itself around those in late life, or those experiencing dementia.



Feel free to play with these techniques and make them your own. Visit timeslips.org at any time when you need a little more inspiration and encouragement.



CREATIVE ENGAGEMENT IN FOUR EASY STEPS

Step #4 Join the Creative Care Revolution!

Become part of a creative care revolution!

- TimeSlips calls this approach to engagement Creative Care.
- It is a simple way to engage older friends and family who might have memory challenges, and even those who don't. It's also a great way to involve young people in positive and playful relationships with elders.
- Creative Care is a simple invitation to imagine something together - a shared moment of creation, without a right or wrong answer. The act of care itself can be adding something new to the world that has value.

How can I learn more about TimeSlips?

Visit timeslips.org where you can access a free online creativity center with over 300 creative prompts and an inspiring international community of people all trying to bring meaning to the lives of elders.



You can also learn more about other resources, including training for friends and family caregivers and the new Imagination Kit - a beautifully designed box of Beautiful Questions and Image Prompts for you to use at home.

You can also access resources to host your own Engagement Party!

What are some other resources to support caregivers like me?

Caregiving

ALZConnected is a free online community for everyone affected by Alzheimer's or another dementia:
alzconnected.org

Caregiver Action Network provides education, peer support, and resources to family caregivers across the country free of charge:
caregiveraction.org

AARP Caregiver Resource Center helps you navigate your role as a family caregiver:
aarp.org/caregiving

Dementia and Alzheimer's Disease:

Alzheimer's Association offers information on Alzheimer's disease and dementia symptoms, diagnosis, stages, treatment, care and support resources:
alz.org

Dementia Friendly America provides information and resources on creating dementia friendly communities:
dfamerica.org

Dementia Friends USA is a global movement that is changing the way people think, act, and talk about dementia:
dementiafriendsusa.org

Resources in Your Community:

Eldercare Locator connects you to services and supports in your community:
eldercare.acl.gov

Remember the Four Steps for Creative Engagement:

Remember, there are no wrong answers!
Let your imagination soar!

Lean into your creativity:

Ask “Beautiful Questions” (open-ended, with no right or wrong answer).

Practice “Yes, And..” to affirm and honor every response.

Remember everyone is creative!

Shift from memory to imagination:

Shift from the expectation of memory to the freedom of imagination!

Feel free to use this approach as you wish; play with it, and invite others to join you in your creativity.

Create meaningful moments:

Apply this approach at the bedside, over lunch or dinner, in the car, or wherever you want to have meaningful creative conversations.

Join the Creative Care revolution:

Visit timeslips.org to access our free resources for creative engagement.

Take advantage of other resources to support caregivers and people living with memory loss.

Consider hosting an engagement party yourself to help others develop their creative confidence!

