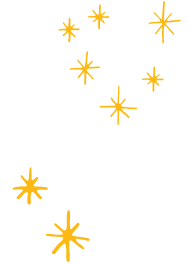




READER'S GUIDE



Here are some questions to help you shape a discussion about *Creative Care*. You might also visit www.timeslips.org to learn to host an Engagement Party, a positive, interactive gathering to share simple engagement techniques with elders who might be isolated or experiencing dementia.

1. Do you have friends of different ages—older or younger than you? How do you think this affects your view / experience of aging?
 2. Have you made plans for your own late life? How / where do you hope to live? What challenges to staying connected to your community do you imagine? How do you hope to ensure you will have access to meaning-making and learning / growing?
 3. Do you consider yourself to be creative? Why or why not?
 4. Do you have ways you like to express yourself or qualities / habits that are unique to you? Perhaps your humor? Or cooking? Gardening? These are really forms of creative expression. Can you create a list of all the ways you might express yourself creatively?
 5. Meaningfulness links personal experience or expression with the larger world. What kinds of things do you do that link you to the larger world? Volunteer? Recycle? Donate to causes? Call and check in on a neighbor? Do you find these meaningful?
 6. Can you imagine ways you might link the unique ways you express yourself creatively with the larger world? An example might be that I like to write funny postcards to friends. What if I wrote funny postcards to people receiving Meals on Wheels?
 7. Can you imagine “yes, and” helping you in a conversation with an elder with dementia? Do you have a specific example?
 8. Do you know people who might feel isolated because of age or disability? How might you reach out to them in a way that won't feel overwhelming to either of you?
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CREATIVE CARE • READER'S GUIDE

- 9.** Do you remember a moment when you felt really listened to? Heard? Perhaps it was a parent, a friend, or a teacher. What does that feel like? Who was the listener? What did they do that was so powerful?
- 10.** *Creative Care* shares the story of the Penelope Project, when an entire continuing care community reimagined the story of Homer's *Odyssey*. And the I Won't Grow Up Project, where 12 nursing homes reimagined the story of Peter Pan. What story might you select to reimagine? What are the themes of that story that compel you?
- 11.** The I Won't Grow Up Project engaged all the elders in 12 nursing homes in creating an "I Am" poem. Can you create your own?
- I am [your name]
 - I am [a childhood activity or memory that is special to you]
 - I am [a place that is special to you]
 - I am [something you are proud of in your life]
 - I am [how you are feeling now]
 - I am [your name]
- 12.** People don't tend to see beauty in late life. What do you think you could say is beautiful about late life? How might you capture that in words or perhaps a portrait?
- 13.** The number of elders living with cognitive challenges is expected to triple over the next 20 years. It will touch nearly everyone's life in some way. What groups or organizations are you part of that might be open to learning more about how they could better support elders and people living with dementia in your community?

