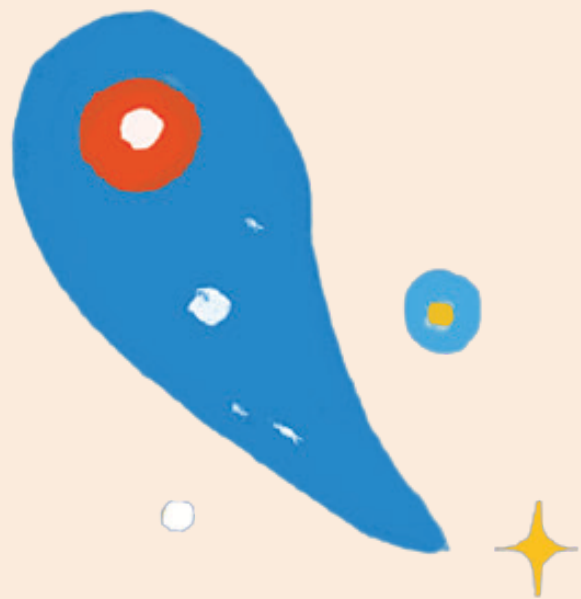




TimeSlips™

TODAY'S PRESENTATION:
TimeSlips in Memory Cafes



LET YOUR IMAGINATION SOAR.

TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine.



Why Connect Using Creativity?

Social Isolation is a global public health crisis

- Health risk equivalent of 15 cigarettes a day
- Greater collective empathy and awareness of it after being on lockdown

Creativity is Calming

- Reduces stress and anxiety

Positive Reciprocal Care

- Adds purpose + something to look forward to
- Increases well-being for facilitator and participant
- Reduces feelings of loneliness and isolation



What is Creativity?

- Who here is creative? How are you creative in your everyday life?
- Creativity is an innate human characteristic.
- Creativity is “adding something new to the world that has value.” – Gene Cohen



Lean Into Your Creativity

- 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 by asking things like: “Remember when we went to...”
- Our impulse is towards memory, but that can prove frustrating. If someone can't respond, they might feel ashamed or embarrassed.
- At TimeSlips, we invite you to use creativity to shift - from the expectation of memory to the freedom of imagination!

Lean Into Your Creativity



Remember when
we went to...



If you could fly
anywhere where
would you want to go?

Today we will...

- Intro into TimeSlips Core Concepts
- Demonstrations using:
 - Images for storytelling
 - Beautiful Questions for creative communication
 - ...and more!



An Introduction of TimeSlips Key Concepts





Beautiful Questions

A Beautiful Question is one that opens a shared path of discovery.

It is an open-ended question that has no right or wrong answer.

Beautiful Questions can be simple ways of reframing conversations.

Or profound.

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 contributions.

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





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."





How do you teach
someone to laugh?



beautiful question



HOW DO YOU TEACH SOMEONE TO LAUGH?

TRY TO TELL SOMETHING FUNNY.
DO YOU REMEMBER THE KNOCK KNOCK JOKES?
I DON'T REMEMBER ANY, BUT I REMEMBER
HOW I USED TO TELL 'EM! MY GRANDFATHER
USED TO DO THINGS TO TRY AND MAKE ME
LAUGH, TELLING ME SOMETHING FUNNY. HE
WAS GOOD AT IT. (IT WORKED!)

You can't teach someone to
laugh. It has to come from
within.

It's more about GETTING them to laugh
than teaching it.
I guess I'd try to show some examples &
see if they catch on...like Santa's ho ho ho
and Gramma's hee hee hee

Bring up a real time, like when we were at
the casino and I couldn't stop winning at
the penny machine...honey, I just couldn't
stop laughing!

Beautiful Questions

Yes, And...

Proof of Listening

Repeat



If you could see
anything outside your
window, what would
you like to see?



I'd want to see
children playing.



Children playing sounds like a lovely sight. What sort of game might they be playing?



Getting Creative with Prompts

Use your surroundings!



CREATIVE OUTPUT

How can these techniques be applied?

Visual Art

Dance

Poetry

Music

Theatre

**Warm
ups**

**Intergenerational
Work**

...and more!

AN ARTIST'S TAKE

TimeSlips Artist Cynthia Pegado shares how the training has been useful to her practices.



TimeSlips™ Resources

For Facilitators:

- Evidence-based facilitator training
- Creative prompts & curriculum - you can use your collection!
- Consultation to support & inspire programming & additional organizational goals

For Caregivers:

- Online training for caregivers (available in English & Spanish)
- Creative prompts to use at home
- “Engagement Party” materials for them to share these techniques with other loved ones



TimeSlips™

CONNECTING THROUGH CREATIVITY

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