



# Shine Your Light

A CREATIVE CARE CELEBRATION



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## 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? Think of all the ways you are creative in your everyday life. Cooking a meal from whatever ingredients you have in your kitchen or reading a bedtime story to a child are examples of everyday creativity.
- According to Gene Cohen, creativity is simply “adding something new to the world that has value.”

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## A Couple of TimeSlips Key Concepts

### **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 or profound ways of re-framing conversations.

# More on Beautiful Questions

## Beautiful Questions can be used to:

- Spark Conversation in person or by phone
- Serve as writing prompts for pen-pal relationships
- Bring a little joy and personal touch to daily interactions
- Inspire further art or creative projects (what would this look like in movement, song, drawing, etc.?)
- Forge connections across mixed ages and abilities

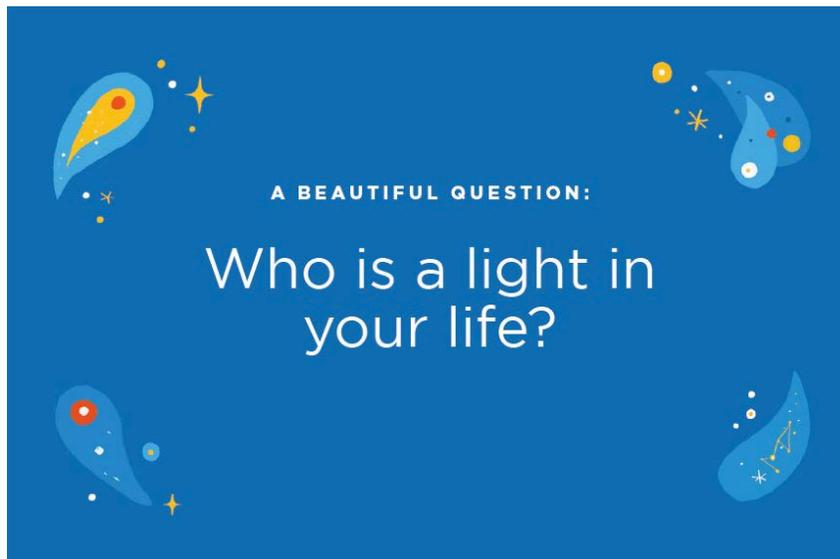


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## How do I ask them?

### When inviting someone to respond, we suggest the following:

- ✧ *I have a Beautiful Question - would you like to hear it?*
- ✧ *There is no wrong answer - you can answer any way you like.*
- ✧ *It's part of a bigger project - we are collaborating with people all over the country and world to share responses and create a feeling of caring and belonging.*



# What else should I know about Beautiful Questions?

- \* We design them to target emotions
- \* Try not to ask "best" or "most" - these demand that people make complex comparisons which is challenging for people with dementia
- \* We design them to invite expressions of strengths and generosity We
- \* design them to invite expressions of senses
- \* We design them to invite re-imagining of the home and to broaden one's view from home to larger world

## How to facilitate Creative Conversations:

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 questions from their response - Yes, and...



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## Join the Creative Care Revolution!

We are so excited to partner with Linked Senior, #ActivitesStrong for the Shine Your Light program. This guide is meant to give you a brief understanding of a few of our key concepts to help you facilitate the activities that are a part of this program.

Ready to take it further and take our evidence-based training and certification? We are offering a discount of 15% off for Shine Your Light participants, Simply make an account and sign up for training and certification using the discount code: **ActivitiesStrong**

Visit [www.timeslips.org](http://www.timeslips.org) to sign up

**Questions?** Email Andrew Morton: [andrew@timeslips.org](mailto:andrew@timeslips.org)

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