

Unlocking Creativity
Utilizing your creativity to connect with people living with dementia






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Meet Your Presenters

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Learning Objectives: ✨

1. Benefits of creative engagement in the dementia population
2. Learn about the benefits of nature-based experiences for people with memory loss and their care partners through SPARK!
3. Learn about the use of creative engagement in the TimeSlips Program



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Benefits of Creativity ✨

- Enjoy art and creativity at any age and any stage of dementia
- Person with dementia (PWD)
 - Increased communication
 - Increase in positive emotional expression and decrease in negative emotional expression
 - Increases laughter and smiling
 - Increase engagement and alertness
- Care Partners
 - Increased positive attitude change in care partners
 - Opens up a new way to connect with those with dementia



Source: <https://www.time4dps.org/wp-content/uploads/2023/05/Evidence-base-Summary.pdf>

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Benefits of Nature – Health/Wellness

Nature is good for you! Nature can/may:

- Reduce stress levels while heightening our ability to focus
- Improve cognitive function, blood pressure, mental health and sleep
- Help protect against the risk of developing certain neurodegenerative disorders
- Encourage physical activity and provide opportunities to connect with other people



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Nature + Creative Engagement

What started with a sprout...grew into a successful SPARK! Program

- 2019 - Awarded grant from Bader Philanthropies to pilot a SPARK! Program
- 2020 - Pivoted to at-home nature kits hand-delivered to 4 families
- 2021 - Started to build in-person monthly programs; slow growing
- 2022 - Awarded 2nd grant from Bader to grow program
- 2023 - One session per month hits capacity
- 2024 - Second monthly session begins



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Benefits of SPARK!

- Form a naturally **supportive peer group**
- Provide a **safe, welcoming** environment
- Promote creativity through **art, words, movement, comedy, and play** etc.
- Welcome participation through **lively discussions, group sharing**, etc.
- Encourage **movement, time outdoors**, getting out of the house
- Give a **low-stakes "break"** for care-partners with lots of **smiling and laughing**
- Allows participants to leave with a **sense of accomplishment, self-worth** and feelings of **joy and belonging**.



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SPARK! is a **creative engagement program** for people with early to mid-stage memory loss and their care partners.

Programs are designed to keep participants **actively engaged** in their communities by providing experiences that **stimulate conversations**, provide **peer support**, and **inspire creativity** through creative engagement.

SPARK! programs are **FREE** for families to attend together in a **comfortable environment** led by **specially trained staff and volunteers**.



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Benefits of Nature – Stimulate/Engage

Nature stimulates the senses

- Smell of a flower, rain, or freshly cut grass...
- Sound of rustling of leaves, crunching of snow, or bird songs...
- Feeling garden soil, sun or wind on the face
- Exploring textures of feathers, rocks, plant stems and leaves

Incorporating nature allows us to:

- Enjoy an experience without need for vocabulary
- Make connections with smells and sounds
- Be present and actively engage in the moment
- Use found nature objects as free tools to engage
- Spark creativity by using all the senses
- Use as inspiration for artistic, musical and movement activities




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Butterflies VS Moths

Why didn't the butterfly go to the dance?









What does a chatty caterpillar become?


Why was the spider so nervous?



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Butterflies VS Moths

BUTTERFLIES		MOTHS	
 coral hairstreak	 common wood-nymph	 imperial	 rosy maple
 silver spotted skipper	 common buckeye	 cecropia	 virginia denucha



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TimeSlips™



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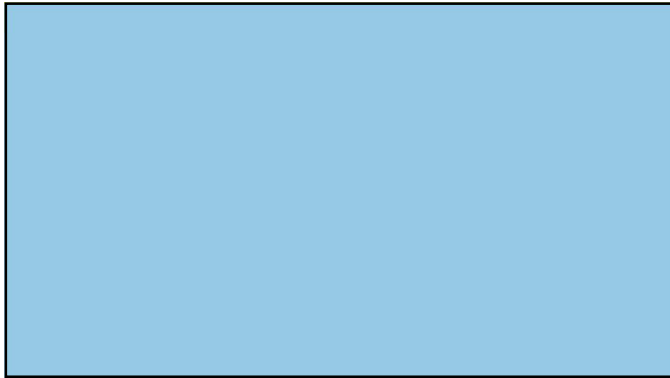
TimeSlips™

LET YOUR IMAGINATION SOAR.

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

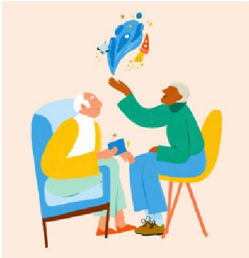


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Lean Into Your Creativity ✨




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

- ⊗ "Remember when we went to..."
- ✓ "If you had the ability to fly, where might you go?"




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What is Creativity ✨



Creativity is simply... "adding something new to the world that has value". ~ Gene Cohen

"Big C" vs. "Little C"



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Core Concepts of TimeSlips ✨

Yes, and....

- ❖ Responding to the person you are caring for as they are now.
- ❖ Not as they use to be...
- ❖ By accepting & affirming their contribution.

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.
- ❖ A simple way of reframing conversations.



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Creative Storytelling ✨



A way to engage in “creative conversation”.

Using prompts to imagine stories together.



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Story Time!



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Creating Meaningful Moments ✨

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...



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Key Take Aways! ✨

Lean into your Creativity:

- Ask "Beautiful Questions"
- 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 to imagine.
- Feel free to use this approach as you wish, play with it and invite other to join you in your creativity.

Create meaningful moments:

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

Join the Creative Care revolution:

- Visit [Timeslips.org](https://www.timeslips.org)
- Utilize other resources to support caregiver and connect with those with dementia



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