

Beautiful Questions

Infusing Meaning and Purpose
into Elder Care Systems



Anne Basting
UW-Milwaukee;
TimeSlips.org

The background is a solid blue color. In the four corners, there are stylized, colorful illustrations of celestial objects. Top-left: A yellow teardrop shape with a red dot inside, surrounded by small white and yellow dots and a yellow starburst. Top-right: A blue teardrop shape with a white dot inside, surrounded by small white and yellow dots and a yellow starburst. Bottom-left: A blue teardrop shape with a red dot inside, surrounded by small white and yellow dots and a yellow starburst. Bottom-right: A blue teardrop shape with a yellow constellation line and a white starburst inside, surrounded by small white and yellow dots.

• If you could look outside your window and see anything you wish, what would you want to see? Why?

- The Landscape of the Dementia Journey

- Stress
- Stigma
- Isolation
- Loneliness
- Depression



The Landscape of the Dementia Journey

- Stress
- Stigma
- Isolation
- Loneliness
- Depression
- Educational Resources
- Social Connection
- Respite
- Meaning Making / Activities



New OnlineViews **3,723** | Citations **0** | Altmetric **31****Viewpoint****ONLINE FIRST**

May 22, 2023

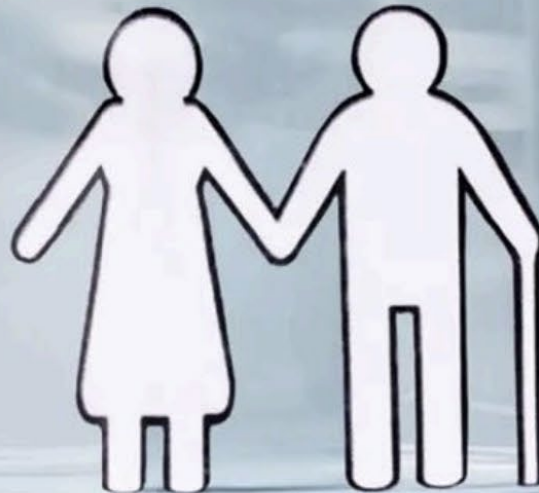
The Other Dementia Breakthrough—Comprehensive Dementia Care

David B. Reuben, MD¹; Gary Epstein-Lubow, MD²; Nora Super, MPA³[» Author Affiliations](#)*JAMA Neurol.* Published online May 22, 2023. doi:10.1001/jamaneurol.2023.1252

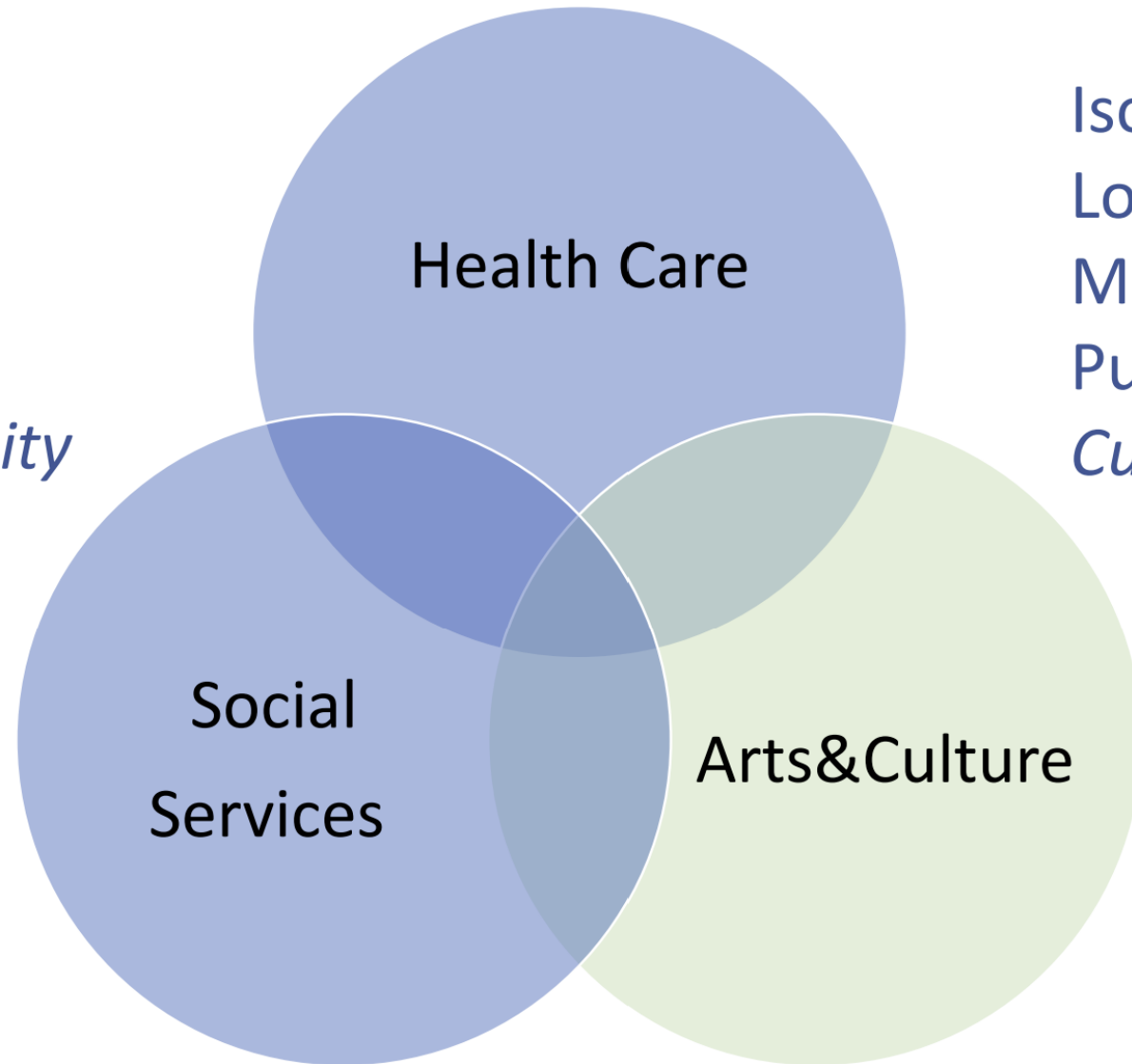
These are momentous times for Alzheimer disease (AD) and Alzheimer disease and related dementias (ADRDs). For the first time, the US Food and Drug Administration has approved disease-modifying drugs that bring some hope for long-term clinical benefit for persons affected by mild cognitive impairment or early to mild dementia.

What's out here?

Health care
Social services



Food
Housing
*“Community
services”*

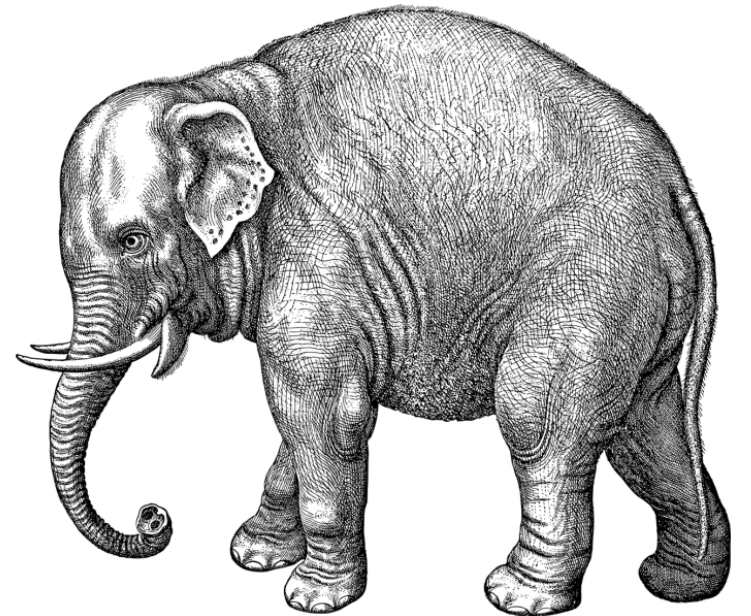


Isolation,
Loneliness,
Meaning,
Purpose
Culture RX

Social Prescribing – includes **Culture RX** - referral from health and social care providers to arts / culture / nature experiences that support well-being.

What if,
at the point of diagnosis, we
could offer – neighborhood-
based programs offering
connection, meaning &
purpose?

Throughout the journey to the
end of life?





ARTS ON PRESCRIPTION

A Field Guide for US Communities

“Carl Jung once said that loneliness is not the absence of people but the inability to express what matters to you most. Finding that expression with words, or—when words fail—with a movement, a sound, or the framing of an image, triggers biochemical responses that generate connection and pleasure and awe, and it helps us find meaning and perspective. This allows us to create a pathway when we may have felt the future was uncertain.”

Christopher Bailey
Arts and Health Lead
World Health Organization
Co-Founder, Jameel Arts & Health Lab



**ARTS ON
PRESCRIPTION**

A Field Guide for US Communities



Journal of Health Psychology 2022

Article

Social Prescribing as ‘Social Cure’: A longitudinal study of the health benefits of social connectedness within a Social Prescribing pathway

Juliet Ruth Helen Wakefield , **Blerina Kellezi,**
Clifford Stevenson, Niamh McNamara,
Mhairi Bowe , **Iain Wilson,**
Moon Moon Halder and Elizabeth Mair

Significant findings from T1 to T2

 Community belonging

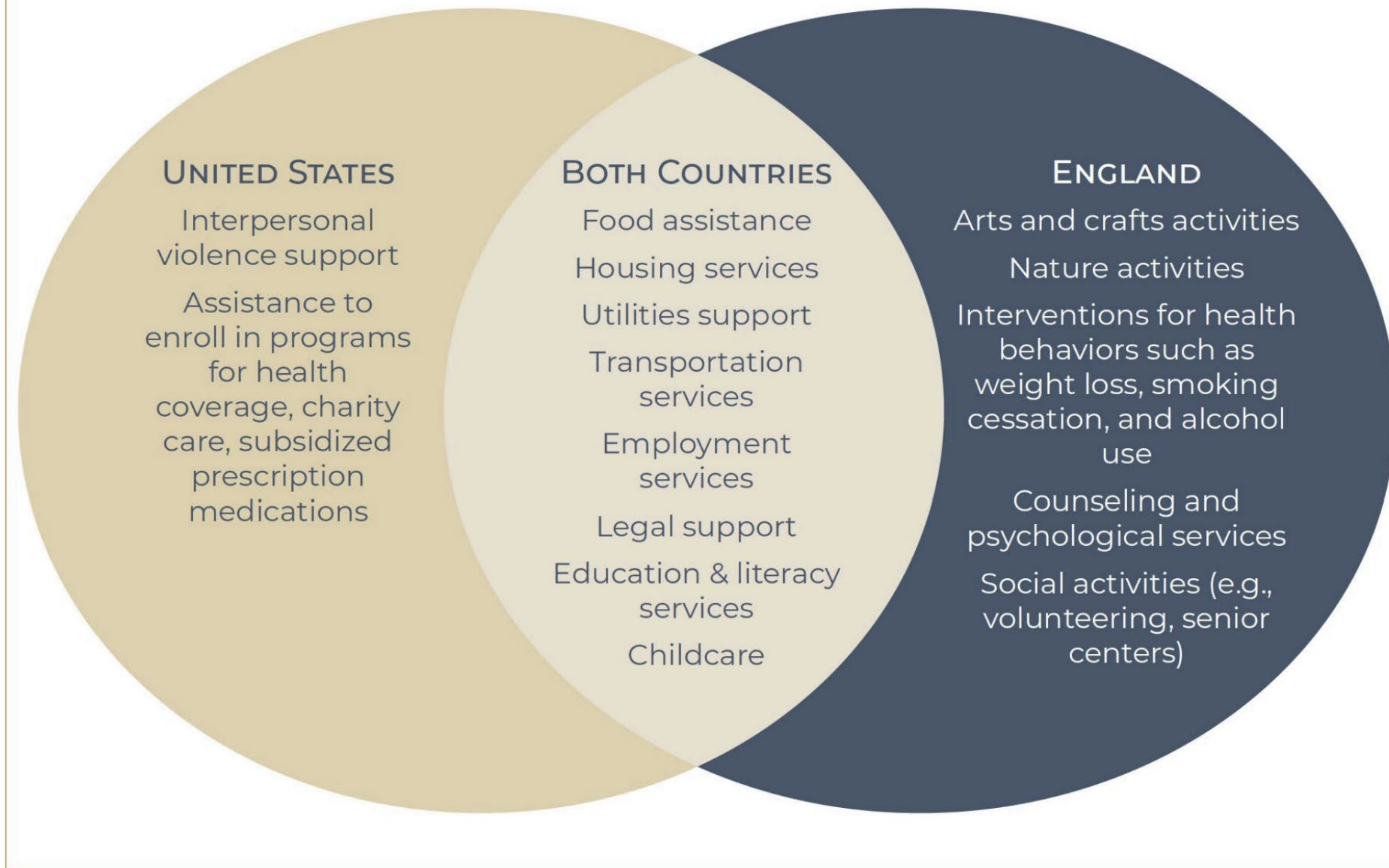
 Perceived social support

Loneliness 

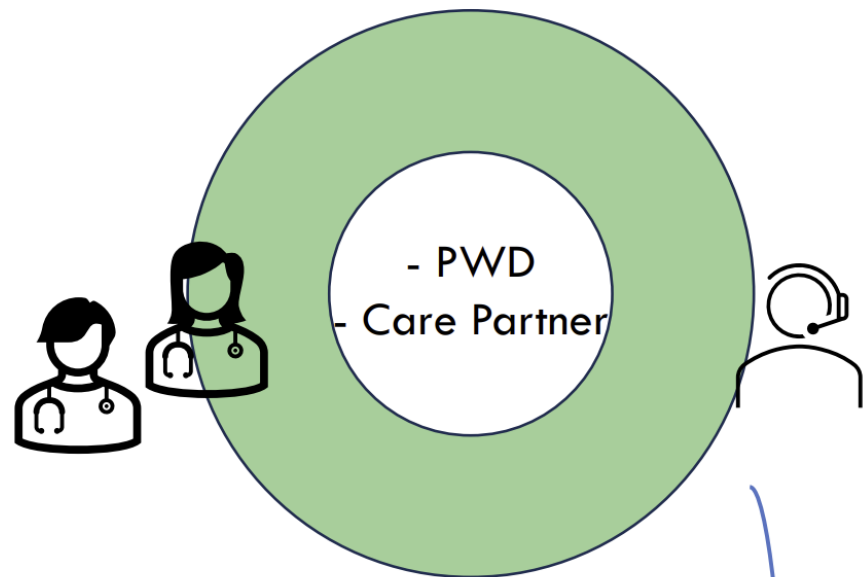
“We know that the evidence for some medicines is good, but that evidence has been generated as the result of millions and millions of pounds of investment by the drug companies. Unfortunately there is nobody who is investing in generating the evidence for our model in the same way. We do know that there is emerging evidence from good practice around the country but it’s not a level playing field.”

**Guy Pilkington, Chair of Newcastle West Clinical Commissioning Group
(People Powered Health)**

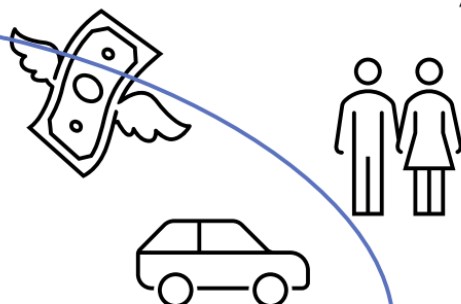
Kinsella S (2015) Social Prescribing. A Review of the Evidence.
Wirral: Wirral Council Business and Public Health Intelligence Team.



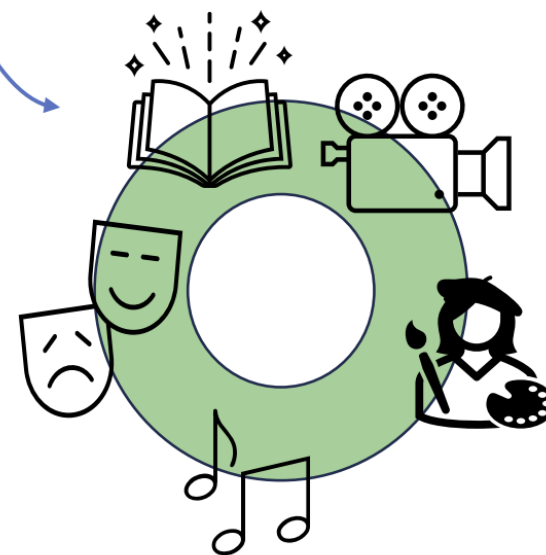
■ **Figure 1.1** Comparing Common Types of Referrals in Social Prescribing Programs in England and the United States
(Adapted from *Sandhu, Alderwick, and Gottlieb, 2022*)

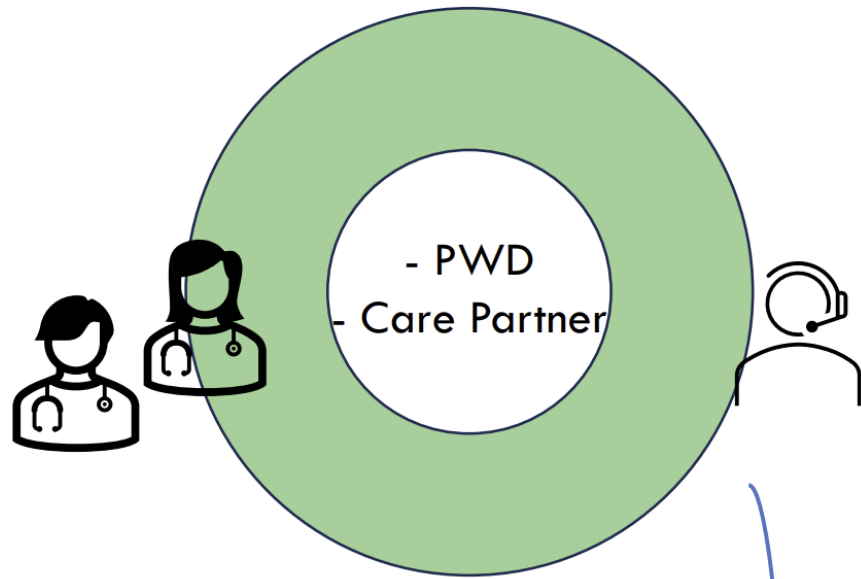


Social prescribing
Funded by health payer or
by philanthropy



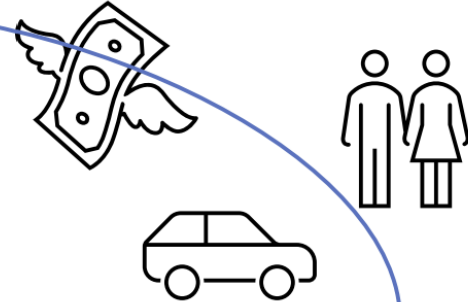
Community referral
Aka social prescribing



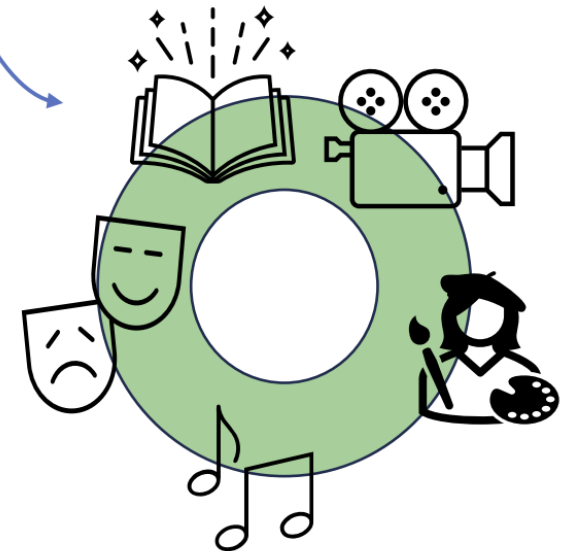


Link worker

Social prescribing
Funded by health payer or
by philanthropy

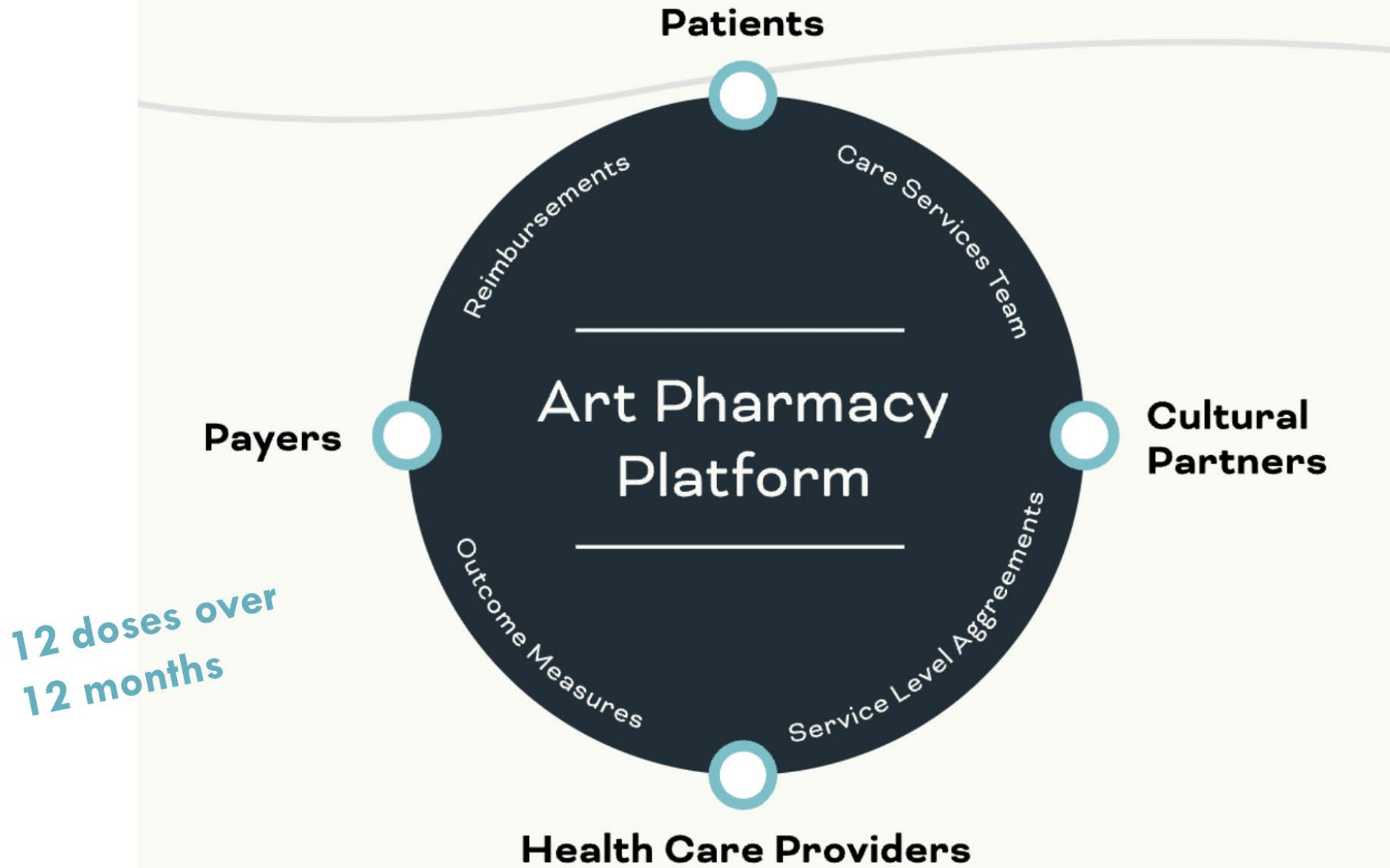


Community referral
Aka social prescribing



-
- Dose (15 min? 2 hours?)
 - Duration (6 mo's, 1 year?)
 - Frequency (2/wk? 1/mo?)





How to get there?

- 1. Understand / Feel Value of Meaning-Making / Engagement**
- 2. Referral to community programs**
 - What is already happening in Denver? A lot...
- 3. Integration of Meaning-Making into health and social services systems**
- 4. Expansion of Dementia-Supportive Cultural Programming**

To me creativity is for professional artists

I am in a routine that doesn't feel creative

“Oh, but I'm not creative...”

Care work is hard. I don't have time for creativity.

I am too stressed to feel creative

Listening is not a reaction,
It is a connection.

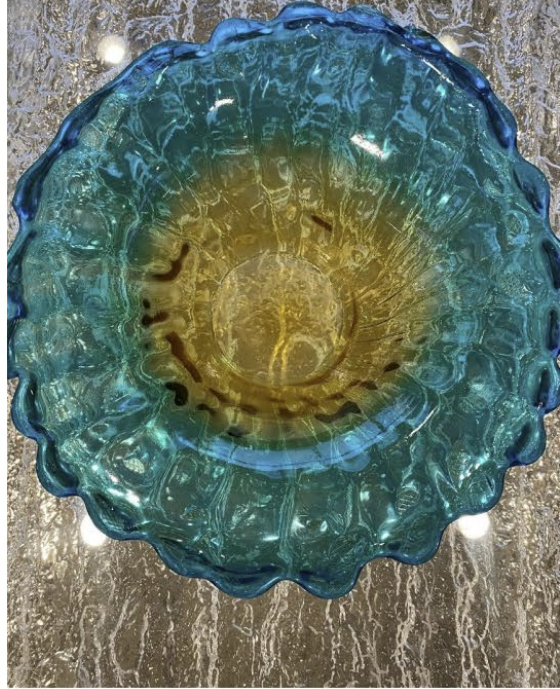
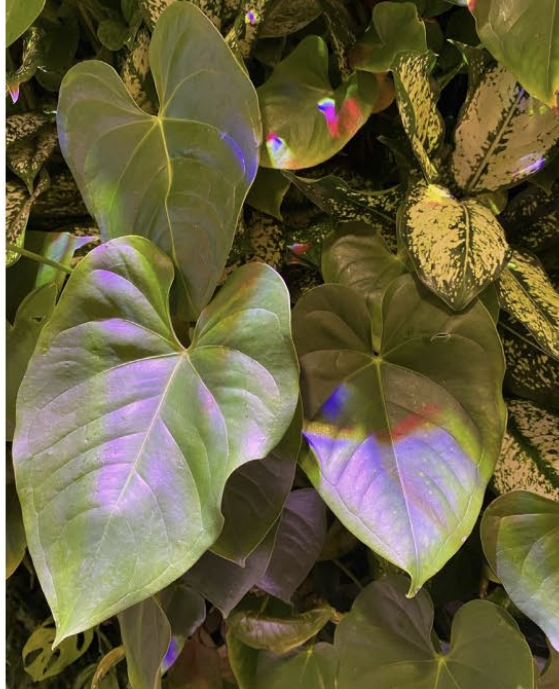
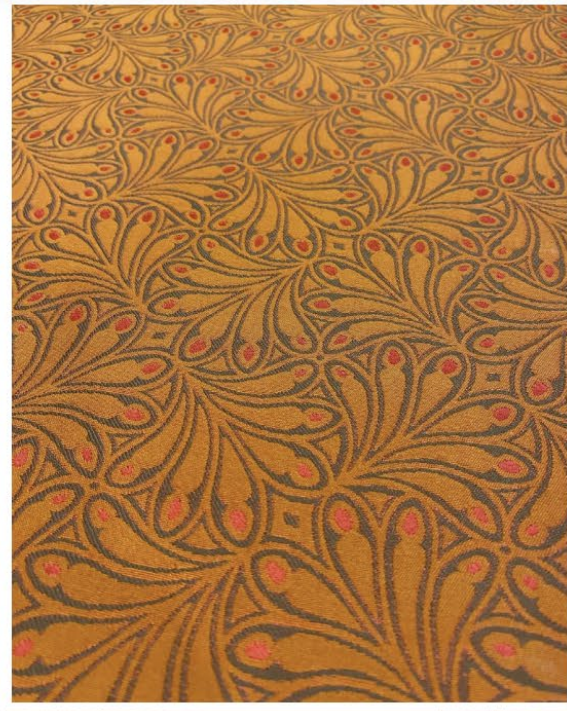
Listening to a conversation or a story,
we don't so much respond as join in –
become part of the action.”

-Ursula Le Guin



duplex PLANET

EVERYBODY'S ASKING WHO I WAS



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Catalog



Search

Search



Events & Classes

FEB 27 TUE [Memory Cafe: Jenga Social](#)
1:30pm - 2:30pm

FEB 27 TUE [Guided Do-It-Yourself \(DIY\) Tax Preparation](#)
2:00pm - 5:00pm

FEB 27 TUE [Grief Support Group](#)
4:00pm - 5:30pm

FEB 28 WED [Black History Book Buzz](#)
1:00pm - 2:00pm

Ask

A person wearing a white jacket with gold trim and gold pants stands in a museum gallery, looking at a large artwork on the wall. The background is a light blue wall.

Art & About

Occurs monthly on Thursday. Next is March 14, 2024 - 1 pm–2:45 pm

Denver Art Museum

Overview

Art & About tours are designed for visitors with early-stage Alzheimer's or dementia and their care partners. Experience and discuss art together on a tour led by a specially trained guide on the second Thursday of the month. Themes change every month.

Tour and general admission to the museum are free for registered participants, but space is limited. Email access@denverartmuseum.org to register.

Martin Building, Level 1—
Creative Hub, Ruby Room

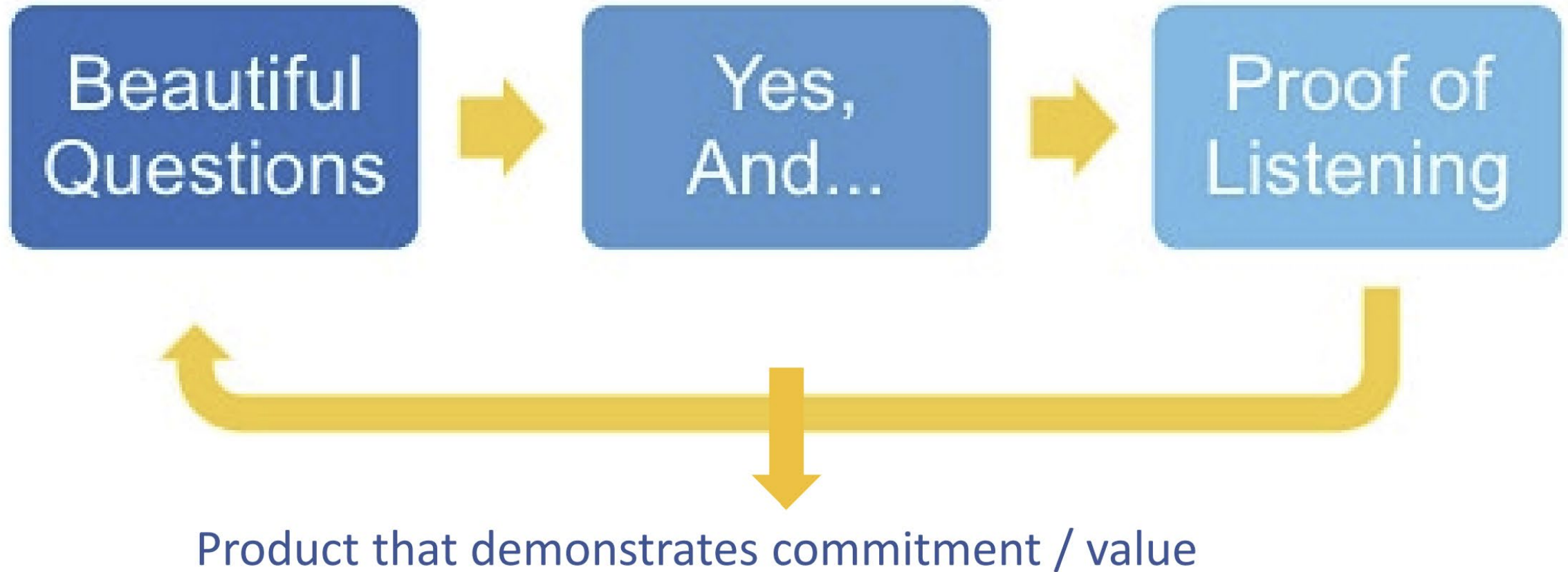
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TimeSlips

Communication Process





A BEAUTIFUL QUESTION:

What is the most beautiful sound in the world?

MILWAUKEE WI 532
JUN 20 2007 PM 3:11



Here's my answer:

your mother's voice
from birth to
the end of time

What's yours?

TimeSlips™
CONNECTING THROUGH CREATIVITY

A little Creative Care from TimeSlips.org
You can also leave your

The slide features a dark blue background with four stylized celestial illustrations in the corners. Top-left: A blue teardrop shape containing a yellow teardrop with a red dot, surrounded by white and yellow stars. Top-right: A blue teardrop shape containing a yellow teardrop with a red dot, surrounded by white and yellow stars. Bottom-left: A blue teardrop shape containing a red teardrop with a white dot, surrounded by white and yellow stars. Bottom-right: A blue teardrop shape containing a yellow constellation-like pattern, surrounded by white and yellow stars.

If you could look outside your window and see anything you wish, what would you want to see? Why?

Proof of Listening

While the basic techniques remain the same, there are some differences to consider while facilitating a creative conversation over the phone.

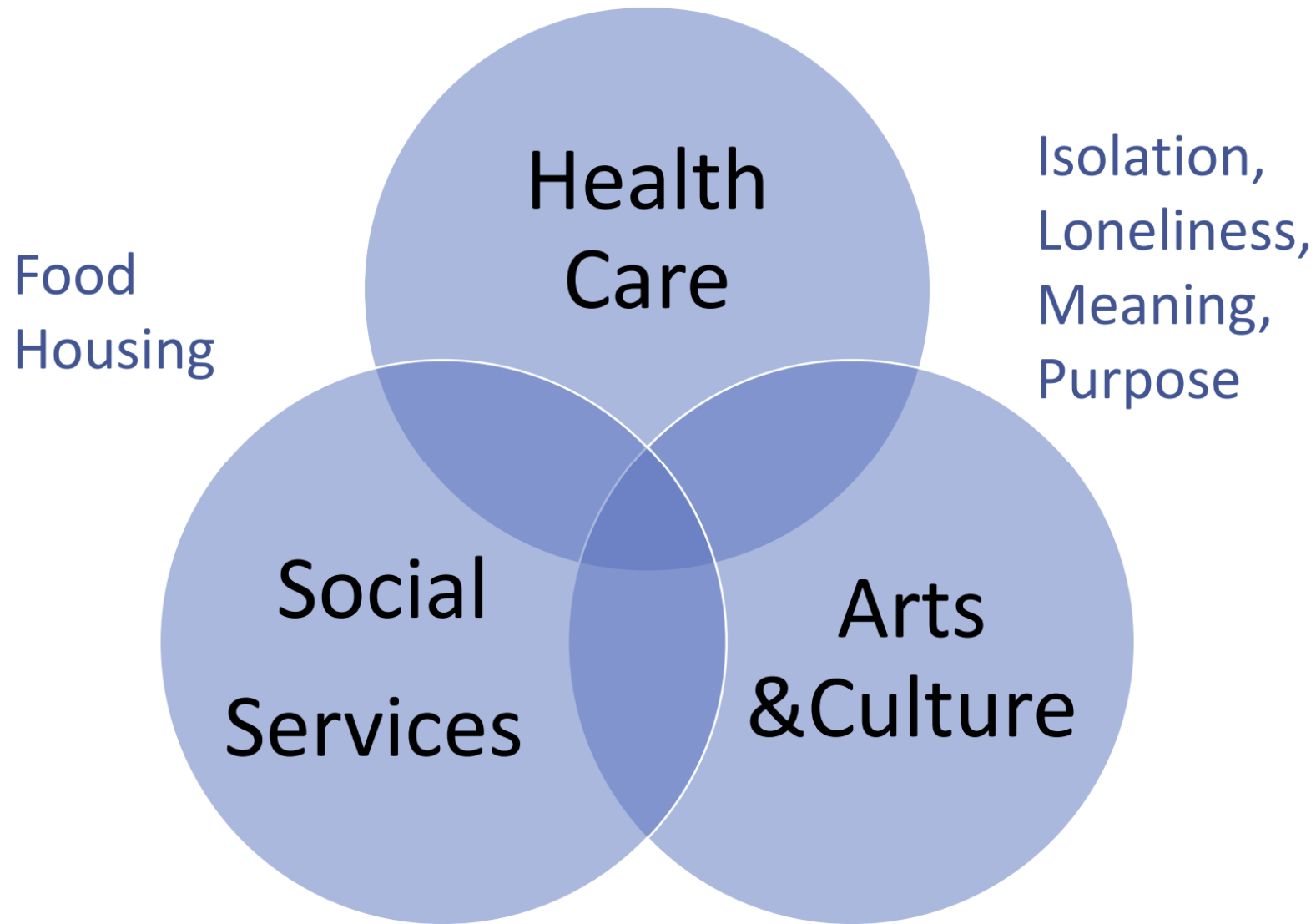
In-Person

- Visual cues like nodding and eye contact and eye level



On the Phone

- Echoing
- Make sure you give them space to finish their thought before echoing parts of what they said.
- Mimic vocal inflection and tone



Social Prescribing – Culture RX

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- 4. Expansion of Aging / NCD - Supportive Cultural Programming**



EMC²

**Expanding Memory Cafes
Enhancing Meaningful Connection**

Key Questions

Asset Mapping – what is happening in the area?

What are the needs for the population we want to impact
AND the systems/people involved?

How is our system already doing this and how can we expand
that?

Funding sources?

Philanthropy (proof of concept) / Health Payers funding
(sustainable)



Thank you...

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