



## STORY IDEA SHEET

### FORGET MEMORY, TRY IMAGINATION

- When we encounter someone with memory loss, the common impulse is to help them remember. But what if encouraging them to imagine helped them even more?
- There are over 20,000 imagination-based [stories](#) on the TimeSlips website - part of an international movement to encourage people with dementia to play to their strengths - to shift away from the pressure to remember toward the freedom to imagine.
- Nearly a dozen [research studies](#) support this approach across multiple cultures, from China to the US and Switzerland.
- *Interviews with Trainers, Facilitators, family members, elders.*

### BRINGING CULTURE AND MEDICINE TOGETHER

- TimeSlips is part of an international movement toward “social prescribing,” when doctors and other clinicians can prescribe social engagement. This movement acknowledges that one can’t be “healthy” without having meaning and purpose in one’s life.
- *Interviews with TimeSlips facilitators and trainers and TimeSlips Chief Medical Advisor.*

### STUDENTS CHANGE ATTITUDES ABOUT AGING

- TimeSlips “NextGen” program invites college and high school students to learn the creative engagement techniques. Their attitudes about aging and dementia transform.
- There are currently 13 “NextGen” sites across the country, in several, students are living in care communities.
- *Interviews with students, faculty, elders and staff.*

### ISOLATED ELDERS OPEN TO ENGAGEMENT

- TimeSlips partnered with Meals on Wheels (MOW) to offer creative engagement with meal delivery.
- Most recently in Prescott, AZ
- *Interviews with MOW staff and elders.*

### ELDERS CREATE STORIES - BY PHONE

- TimeSlips offers “TeleStories,” a series of phone calls in which elders share stories and shape them into poems and songs.
- This approach is ideal for rural elders where broadband is spotty, and those with low vision or low income.
- *Interviews with staff member who piloted the program, elders who participated, and recommended scholars on aging demographics and social isolation.*