

# CMP PROJECT SPOTLIGHT

Civil Money Penalty Reinvestment Program

## CMP Project Encourages Creativity and Removes “Pressure to Remember” Through Storytelling

To help improve the quality of life for nursing home residents, Anne Basting, PhD, CEO and founder of TimeSlips Creative Storytelling, developed an improvisational technique that invites residents to respond to prompts using imagination to tell stories about what they see.

TimeSlips Creative Storytelling gives residents a new and joyful role as storytellers. TimeSlips is “a method that opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine,” Basting said. Storytelling celebrations build community with staff, families, and volunteers.

## Fostering Meaningful Relationships with Residents

TimeSlips offers digestible, fast, and easy-to-implement trainings (<https://www.timeslips.org/train>) online to help nursing home staff and families learn how to conduct storytelling sessions on their own and foster meaningful relationships with residents. Basting said years of research show that TimeSlips has contributed to decreased agitation/aggression, depression, apathy, and irritability in residents who participate in TimeSlips, as well as an increased quality of life. Research also shows that socially reserved, introverted residents are enthusiastic about participating.

*“This is designed to slip right into your own skillset, who you are, your own capacity and ... give you the confidence to open the creativity you already have,” Basting said.*

Visit the TimeSlips website to view previous stories (<https://www.timeslips.org/resources/creativity-center>) created by seniors engaged in the program.

### Project Details

**Focus:** Improving mood and quality of life; increasing family and volunteer involvement

**Target population:** Nursing home residents and their families

**Implementing States:** Kentucky, Wisconsin

**Project Lead:** Dr. Anne Basting

**Project Funding:** \$776,000 (KY); \$200,000 (WI)

**Project Duration:** 2018-20

## By the Numbers

39

Number of Wisconsin nursing homes that completed the TimeSlips training

12

Number of Kentucky nursing homes that completed the TimeSlips training

13

Number of videos included in the online training for the co-leads at each nursing home



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