

Care Game

How do you care?



People



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Care Plan Doula

Acknowledgements



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Agenda

- **Purpose:** What is it for?
- **Seeds:** Where did it come from?
- **Instructions:** How to play?
- **Examples:** Personal reflections.
- **Next steps:** Share your learnings.

Purpose

Three main purposes for the Care Game:

1. To help participants talk about their own experiences in seeking or supporting change and care.
2. To help participants expand their usual understandings of both change and care in an uncertain world stressed by multiple complex threats in all parts of human and natural life.
3. To deepen appreciation and understanding of the ways creative practices in arts and culture can, and do, guide positive change and care while also illustrating the gaps and barriers that prevent them from doing so.

Seeds

- Peter Hayward's **Polak Game / Where do you stand?**
- Two key questions:
 1. **Do you see the world as getting better or worse?**

Pessimistic: You feel things are getting worse.
Optimistic: You feel things are getting better.
 2. **How capable do you feel of personally affecting the future?**

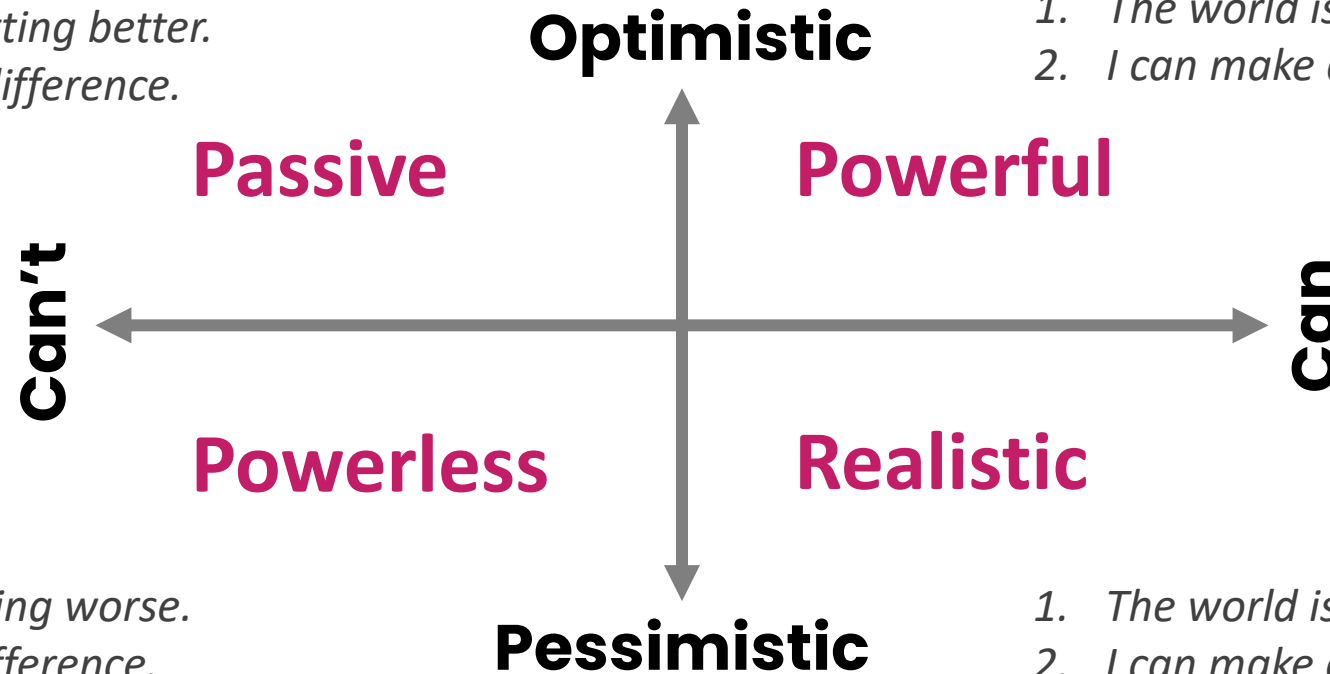
Passive: You feel you can't make a difference.
Active: You feel you can make a difference.

Seeds

Polak Game / Where do you stand?

- 1. *The world is getting better.*
- 2. *I can't make a difference.*

- 1. *The world is getting better.*
- 2. *I can make a difference.*



- 1. *The world is getting worse.*
- 2. *I can't make a difference.*

- 1. *The world is getting worse.*
- 2. *I can make a difference.*

Seeds

- Link between change and care
- A lively place where new ideas and compassion or kindness can grow together
- Can guide us to a better future by ensuring we take care of everyone and everything along the way

Seeds

Five core beliefs for the Care Game:

1. Everyone can make a positive difference in the lives of people, communities, and nature.
2. Everyone can help those in need to thrive and make changes in their own lives and communities.
3. Everyone needs and deserves care at some point in their lives to either survive or thrive.
4. Change doesn't always involve creating something new; sometimes, it entails bringing back something valuable from the past or lifting up wise actions in the present.
5. Care isn't just about physical health; there are many ways to give and receive care, especially in uncertain times.

Instructions

- Consider two key questions
- Journal individually or discuss collaboratively with a group for 30 to 45 minutes

1. Do you experience the world as precarious or prosperous?

Precarious: You seek out ways to change to the status quo.

Prosperous: You share ways to deepen care with others.

2. Are you focused on the present or future?

Present: You prioritize surviving in the short-term.

Future: You prioritize thriving in the long-term.

Instructions

A few questions to think about:

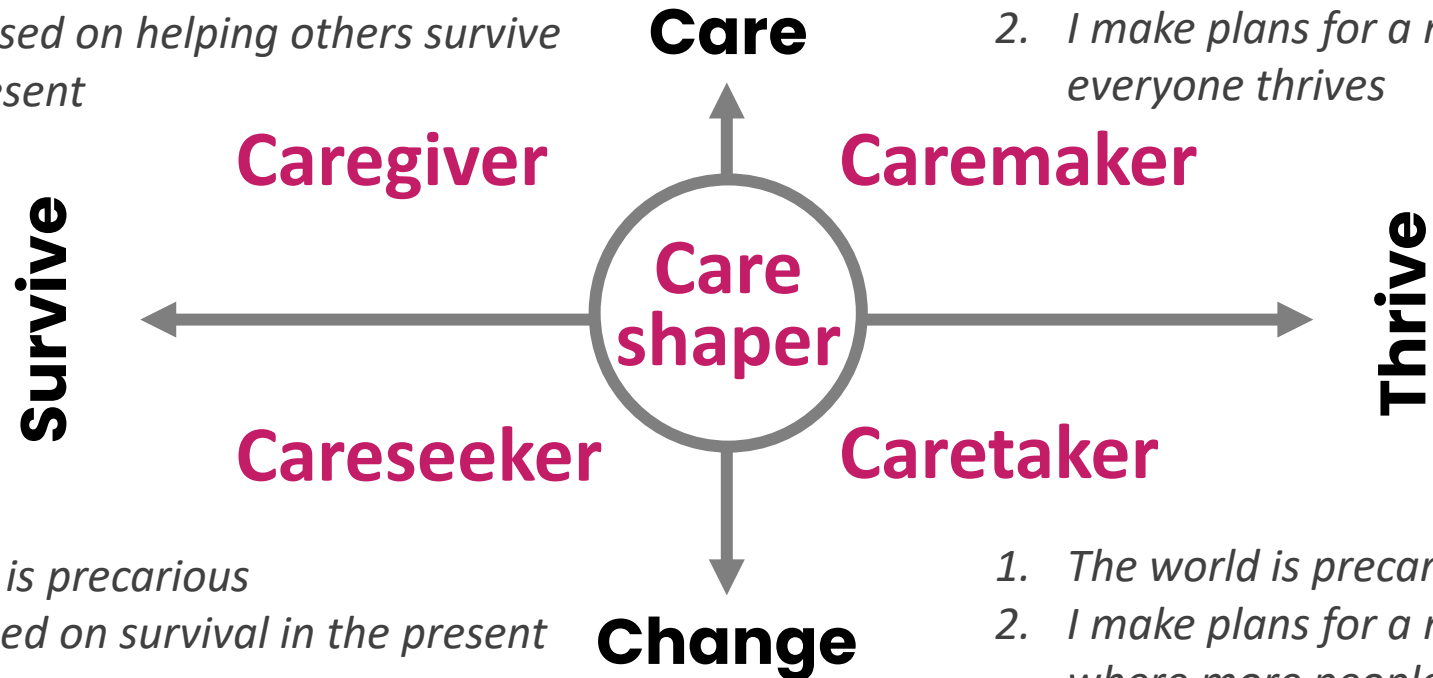
1. In what ways do you seek out or support change and care in your personal or professional life?
2. How do you seek or support change and care in other realms of life, such as real, digital, natural, dream, or ancestral life?
3. Where are you eager to never to give up? Where is the abundance and love?
4. Where are you fearful or burned out? Where is the vulnerability and loss?
5. What types of changes or care are critical, common, or nice-to-have?
6. What approaches to care require things to be challenged or changed?
7. What ways of caring demand protections for the collective good?
8. What kinds of care will help strengthen your feelings of personal security, safety, comfort, respect, trust, reciprocity, or happiness?
9. What types of changes will help you become a better caregiver with individuals, communities, and the planet?

Instructions

Categorize your responses according to one of five personalities:

1. *The world is prosperous*
2. *I am focused on helping others survive in the present*

1. *The world is prosperous*
2. *I make plans for a more caring future where everyone thrives*



1. *The world is precarious*
2. *I am focused on survival in the present*

1. *The world is precarious*
2. *I make plans for a more caring future where more people survive and thrive*

Instructions

Summarize your reflections.

Three recommendations for creating a summary:

1. Group thoughts according to the ways that you are seeking or supporting change and care in your life and communities. Identify the critical, common, and nice-to-haves within each area.
2. Reflect on gaps or barriers and opportunities within each personality. Consider how your personal needs and strengths might be similar or different from others in your community. Reflect on those that feel the most important to you now, and those that you might want to think about more in the future.
3. Consider creating different summaries for where you were in the past, where you are now, and where you hope to be in the future.

Instructions

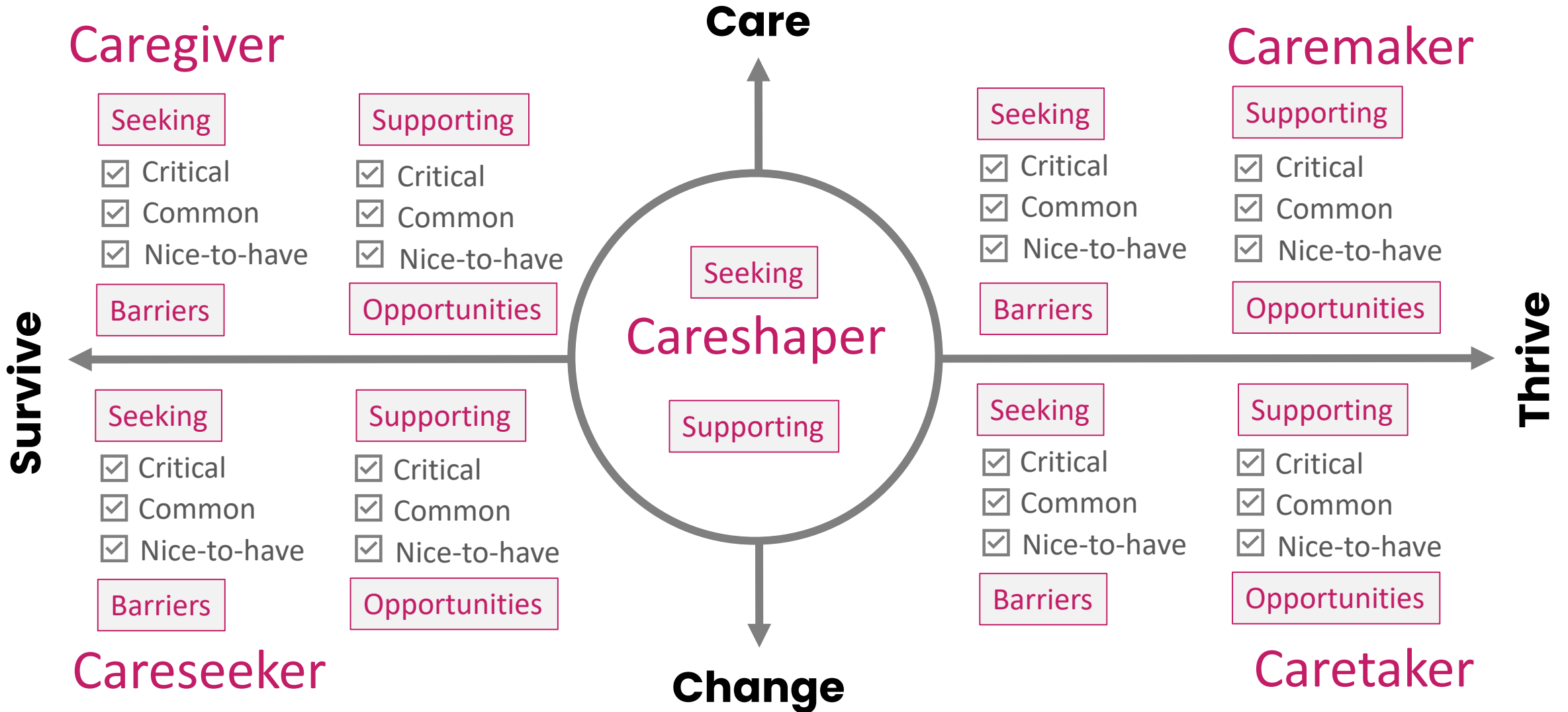
Summarize your reflections.

Four more recommendations for creating a summary:

4. Create different summaries for your various roles in the industry, such as a creator, curator, educator, producer, manager, and so on.
5. You may only be able to place yourself in one personality now but might hope to introduce several others in the future.
6. Remember to consider different aspects of your life as well, including your real and virtual life, the ways you engage perhaps with nature, your dream life, connections to your ancestors or future generations, and other realms of life.
7. Be sure to check-in and update your thoughts over time as your journey in care evolves and grows.

Instructions

Visualize your reflections.



Examples

Careseeker
(people in need)

Alex

Examples

Careseeker
(people in need)

Jessa

Examples

Caretaker
(guardians of care)

Alex

Examples

Caretaker
(guardians of care)

Jessa

Examples

Caregivers
(nurturers of care)

Alex

Examples

Caregivers
(nurturers of care)

Jessa

Examples

Caremakers
(builders of care)

Alex

Examples

Caremakers
(builders of care)

Jessa

Examples

Careshapers
(visionaries of care)

Alex

Examples

Careshapers
(visionaries of care)

Jessa

Next steps

Let's play!

How you do care?

#HowWeCare

#CommentNousSoignons

@ArtsPond8

Next steps

1. Meet our Disability Care Doula, Alex Haagaard

- Wednesdays, July 17 and 24, 2024 at 12 noon or 1 pm Eastern
- Other sessions to be announced in the future
- Explore how care relates to your life and career in one-on-one conversation
- Apply to receive an honouraria of \$250 for 2 hours of self-reflection, a 1 hour meeting, plus 1 hour of follow-up and communications

2. Play the Care Game

- Wednesday, July 31, 2024 at 1 to 2:15 pm Eastern



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