



ARTS FOR HEALTH

GAMES



SANDRA DANILOVIC

GAMES

By mindfully playing with games, Sandra Danilovic disrupts the way we think of games and play: opening a new generous space of the imagination to grapple with the complex issues of illness, disability, health disparity, and care. This book offers a rich, compassionate resource for anyone struggling with the human realities of health in our society.

—*Jutta Treviranus*

**Director, Inclusive Design Research Centre (IDRC) Professor,
Faculty of Design, OCAD University**

Sandra Danilovic is the rarest of combinations: a scientist and a magician – with a munificent heart. In this essentially important book, she shows us how digital games can extend to realms of art, healing, and the deepest levels of human experiences. This book is literally a game changer.

—*Laura Arpiainen*

**Professor, Health and Wellbeing Architecture
Aalto University**

ARTS FOR HEALTH

Series Editor: Paul Crawford, Professor of Health Humanities, University of Nottingham, UK

The *Arts for Health* series offers a ground-breaking set of books that guide the general public, carers and healthcare providers on how different arts can help people to stay healthy or improve their health and wellbeing.

Bringing together new information and resources underpinning the health humanities (that link health and social care disciplines with the arts and humanities), the books demonstrate the ways in which the arts offer people worldwide a kind of shadow health service – a non-clinical way to maintain or improve our health and wellbeing. The books are aimed at general readers along with interested arts practitioners seeking to explore the health benefits of their work, health and social care providers and clinicians wishing to learn about the application of the arts for health, educators in arts, health and social care and organizations, carers and individuals engaged in public health or generating healthier environments. These easy-to-read, engaging short books help readers to understand the evidence about the value of arts for health and offer guidelines, case studies and resources to make use of these non-clinical routes to a better life.

Other titles in the series:

<i>Reading</i>	Philip Davis
<i>Film</i>	Steven Schlozman
<i>Singing</i>	Yoon Irons and Grenville Hancox
<i>Theatre</i>	Sydney Cheek-O'Donnell
<i>Drawing</i>	Curie Scott
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<i>Body Art</i>	Brian Brown and Virginia Kuulei Berndt
<i>History</i>	Anna Greenwood
<i>Creative Writing</i>	Mark Pearson and Helen Foster
Forthcoming Title	
<i>Dancing</i>	Noyale Colin and Kathryn Stamp

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GAMES

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INVESTOR IN PEOPLE

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FOREWORD: CREATIVE PUBLIC HEALTH

The *Arts for Health* series aims to provide key information on how different arts and humanities practices can support, or even transform, health and wellbeing. Each book introduces a particular creative activity or resource and outlines its place and value in society, the evidence for its use in advancing health and wellbeing, and cases of how this works. In addition, each book provides useful links and suggestions to readers for following-up on these quick reads. We can think of this series as a kind of shadow health service – encouraging the use of the arts and humanities alongside all the other resources on offer to keep us fit and well.

Creative practices in the arts and humanities offer a fantastic, non-medical, but medically relevant way to improve the health and wellbeing of individuals, families, and communities. Intuitively, we know just how important creative activities are in maintaining or recovering our best possible lives. For example, imagine that we woke up tomorrow to find that all music, books, or films had to be destroyed, learn that singing, dancing, or theatre had been outlawed or that galleries, museums, and theaters had to close permanently; or, indeed, that every street had posters warning citizens of severe punishment for taking photographs, drawing, or writing. How would we feel? What would happen to our bodies and minds? How would we survive? Unfortunately, we have seen this kind of removal of creative activities from human society before and today many people remain terribly restricted in artistic expression and consumption.

I hope that this series adds a practical resource to the public. I hope people buy these little books as gifts for family and friends,

or for hard-pressed healthcare professionals, to encourage them to revisit or to consider a creative path to living well. I hope that creative public health makes for a brighter future.

Professor Paul Crawford

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Writing this book could not have been possible without the generous support of several remarkable individuals and entities.

I express my profound gratitude to Paul Crawford, who as editor of the series *Arts for Health*, offered me the opportunity to write about games. I am truly honored to be part of the esteemed group of authors and scholars in this series.

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A final thanks to all the game artists and game designers who make courageous, weird, and expressive games about their life experiences with illness and disability—this book cannot exist without your creative innovations and visionary talent.