

Appendix A – Art Activity & Guiding Questions

Portraits of Patienthood - Mixed Media Collage Self-Portrait

Instructions: Using the supplies given to you, and any other materials you might have in your home, create a collage portrait that represents your experience as a patient. There are no rules or right/wrong way to do this! Feel free to experiment and be creative.

Prompt: *What does being a patient mean to you? What is your experience of patienthood?*

Questions to consider while making your art:

- What are some of the pivotal experiences you've had as a patient?
- Does your idea of yourself as a patient differ from your usual self? What is the difference?
- What feelings and memories come to mind when you think about your experiences in healthcare, as a patient?
- What do you want to communicate about your experiences in healthcare? Is there a certain mood, experience, or emotion you want to capture?
- Are there certain colours, textures, or shapes that could represent key aspects of these experiences?
- Are there visual metaphors you could use to illustrate your experience? Objects or images that might relate to your experiences of patienthood?