Interdependencies: Glossary

Ableism

The specific discrimination and stigmatisation of people with disabilities and illnesses is called ableism. Ableism is often interwoven with other structural disadvantages, such as poverty, sexism and/or racism.

Attentiveness

Attentiveness includes the deliberate perception of and towards the needs and emotions of others, as well as towards one's self.

Care work

The term care work, which comes from the 1990s, derives from the feminist conceptualisation of the same, which aims to reveal the invisible, unpaid support traditionally provided by women, and to gain recognition for it.

Collective care

We speak of collective care when a group or community jointly take care of the wellbeing of others. Thus people who for example are not able to look after themselves are supported and advised by others. But systemic relationships can also result in us neglecting ourselves and in our being reliant upon the attentiveness and care of others outside of our immediate circle. If values or priorities such as productivity are emphasised over and above balance, then we may neglect our own health. Activists, for example, mostly work too hard.

Communities of care

From the 1980s onwards and out of the AIDS crisis, activist movements arose that criticised the medical system. Self-help structures were created as a response. Since then, so-called communities of care have organised the mutual support and care of the sick and those needing care, as well as looking after the bereaved, based on solidarity within networks. The state is involved here in terms of responsibility.

Crip

Crip comes from «crippled» and was associated with people with disabilities. Insults were often expressed using this word. Nowadays, the word has been expanded. It describes an intellectual and artistic culture and refers to activist communities that use the term «crip» as a form of self-empowerment.

Crip Community

By crip community is understood those communities that engage with disabilities and diseases. These communities can have different aims, for example, to draw attention to systemic injustices, to activist goals, to artistic sharing of some kind, or to support of others.

Crip Time

Time can be passed differently by people with disabilities or chronic illnesses, as those affected may need more time for everyday tasks. The self-empowering term «crip time» was created to describe this perception of time.

Empathy

Empathy is the ability to put oneself into the feelings and perspectives of other people and to react in a compassionate way.

Geriatrics

The medical branch of geriatrics is focused on the provision of care to older people and consideration of their age-related needs and health issues.

Interdependencies	Concerning our exhibition titel, the term interdependencies is to be understood in the widest possible sense, yet also specifically referring to the subject of care and the social structures and their actors that are wrapped up with it.
Palliative medicine	Palliative medicine refers to the word palliative, which comes from the Latin «cura palliativa» and means roughly «to cloak», «to conceal», «to protect». In medicine, it concerns the care and support of patients suffering from severe, life-threatening diseases. The aim is to alleviate the symptoms and to improve the quality of life.
Politicised care	Politicised care encompasses the responsibility, regulation, testing and further development of care measures by political bodies. The regulations are generally directed towards the wellbeing of the population and the improvement of health standards. This can be understood as ranging from the promotion of research centres or hospitals to state-sponsored concessions in health insurance through self-care. Politicized care also includes activist artistic positions and movements. But politicized care requires critical consideration, because, for example, forced sterilizations of persons incapable of judgement still take place in Switzerland today.
Queer Care	Queer Care refers to a form of care based on queer communities and alternative family structures that promote alternative models of support and cohesion. This approach to care is focused on the specific needs, experiences, and identities of queer people and advocates for inclusive and sensitive care.
Self-care	Self-care describes taking care of oneself consciously. In this, people devote themselves to their own well-being both physically and mentally. Alongside a balanced relationship between work and one's private life, there are forms of self-care that should be viewed critically in the course of digitalization. The development of various apps has given rise to currents of monitoring and self-optimization. For example, the obsessive monitoring of ones own bodily functions, such as sleeping habits, can turn self-care into self-optimization and so to unhealthy behaviour.
Social integration	Social integration is a process. Here, individuals or groups are helped to integrate into society by receiving access to resources, rights and social links.
Social policies	In politics, the attempt is made to promote and stabilise social wellbeing and justice in a society. The way this is designed and carried out is called social policy.

Links

Disability Visability Project
The project seeks to contribute to the visibility of disability in public space. The online platform Disability Visibility Project is a forum for the cultural and media creation of people with disabilities.

Kultur Inklusiv
Competence center for inclusive culture in Switzerland.

Machtheater
The association offers young people with disabilities «acting, communication, related & new media» as a recreational course, as well as professional training followed by internal or external employment opportunities.

Queeren Fürsorge
Podcast on queer care.

Reso
Dance Network for Inclusion in Modern Dance.

Sick Festival
Arts and Culture Festival. «The Sick Festival relies primarily on artistic production as a vehicle not activism and political discourse to achieve this goal, but artistic produc–tion: through dance, theater, film, spoken word and other art forms. Disability–related issues are negotiated and artistic contributions are commissioned.»

Swiss Handycap
Support association for inclusion with sports promotion and a Handycap Fair.

Theater HORA
Free theater, dance and performance groups in Switzerland. Since 2003 also a (cultural) workshop for people with learning difficulties, mostly cognitive impairment.

Vorsorge und Fürsorge in Gemeinschaften
U.S. Institute for Prevention and Care in Communities.

WAGES FOR WAGES AGAINSTWAGES FOR WAGES AGAINST
An organization for the equal rights of Swiss artists* in Zurich.

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