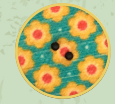




# gettin' by

a game of scarcity



**What's it really like to live in poverty? Play Gettin' By and see how scarcity changes your brain. You'll never see it the same way again.** Created by Linda K. Riddell, MS

Riddell's fascination with the mash up of social, economic, and biological factors led to creating Gettin' By. After years of studying population health science and working as an epidemiologist specializing in poverty, she realized that popular wisdom was dooming people to poor health and shorter lives.

The game, Gettin' By, has you experience first-hand scarcity's impact on the brain. Modeled after social science experiments, the game forces you to focus solely on the immediate situation.

A brain overwhelmed with scarcity cannot function at its best.

Once you see yourself struggling to make decisions, you will see your professional work in a new light. That is the ultimate goal of the game – opening up an entirely new perspective on poverty, so that you can work more effectively with people living in it.

*Riddell has a masters degree in health policy and management from the Muskie School of Public Service, University of Southern Maine. She has also taken courses on biostatistics, epidemiology, and population health science from the Johns Hopkins Bloomberg School of Public Health, the University of Michigan, and the Massachusetts Institute of Technology.*

**Poverty is not just about money. It's about other resources too.**

**That's why Gettin' By has four types of "assets":**

**time/energy** • for activities that take time and energy, like talking to the emergency room nurse or rallying the neighbors to protest the landlord's changes.

**home/family** • for situations when you ask your family to take care of your sick child or your landlord to fix the broken door lock.

**money/debt** • for surprises that would throw a regular budget off kilter, like a bed bug infestation or an unannounced visit from relatives.

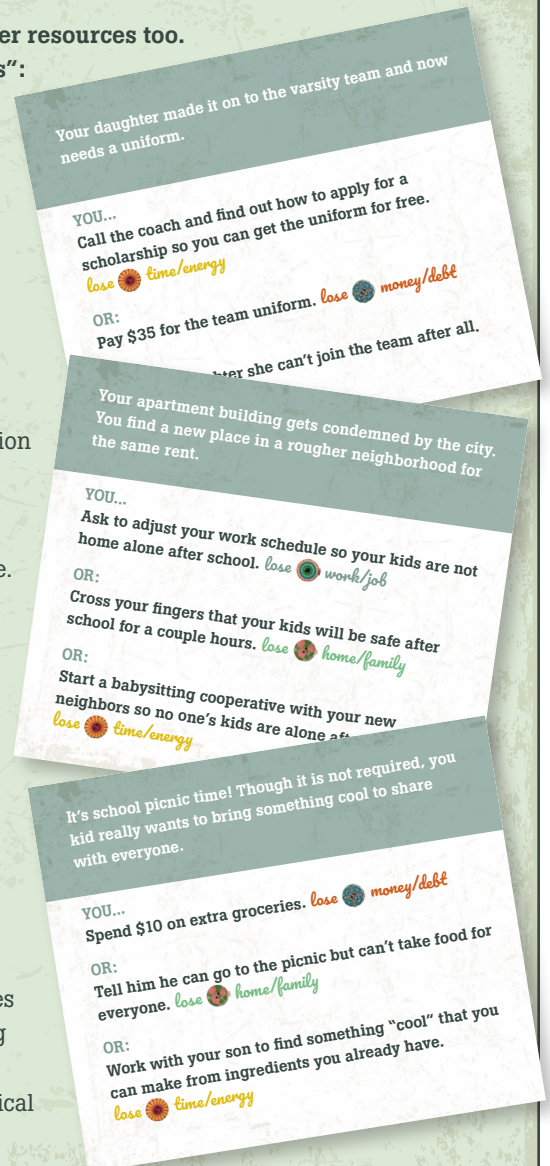
**work/job** • for times you need a co-worker to cover your shift or your boss asks you to stay late.

You spend or gain assets as you play the game. You quickly find yourself facing tough choices.

## Workshops and Educational Credits

Bring these lessons to your group by hosting a two-hour workshop facilitated by game creator, Linda Riddell. Your team will gain a unique experience of scarcity and develop tactics to improve their work with people living in poverty.

In a workshop, your team will play the game, discuss their reactions, learn how scarcity shapes decision-making, and gain a new understanding of why people make the choices they make. Continuing Education Units and Continuing Medical Education credits can be made available.



let's play!

Book a Workshop: [info@GettinBy.net](mailto:info@GettinBy.net)  
Connect/Collaborate: [Linda@GettinBy.net](mailto:Linda@GettinBy.net)  
Purchase games at [GettinBy.net](http://GettinBy.net)

[www.GettinBy.net](http://www.GettinBy.net)

To purchase game sets, or for information about game facilitation, email [info@GettinBy.net](mailto:info@GettinBy.net) © Health Economy 2019