

Benefits of Creating a Life Story...



Some of our Volunteers

- Individual 1:1 attention can improve mood
- Review of life events can aid resolution and acceptance
- Aids memory recall by providing triggers
- Touch stones for those with memory loss
- Promotes individual and friendly approach in care settings
- Gives comfort, stimulation and is a talking point.

How and where do we work?

We work individually with a person over a number of weekly sessions (approx. 4-10 sessions) lasting up to an hour, in their own homes or in a residential care setting.

Work is carried out by a trained volunteer and supervised by a coordinator.

Life Story work costs in the region of £50 - £150 depending on time and resources chosen. We have some bursaries available. Contact us if you

would like to apply for one of these, or for more information

This service is run by **Action East Devon**.

Action East Devon is the leading local charity working to create the services and support people need to live happier and healthier lives.

Forget Me Not Life Story Service

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Hold on to your memories...

Life Story Service


Forget me not...
Part of Action East Devon

 **Action**
East Devon
HAPPY HEALTHY COMMUNITIES

 **The**
Dunhill
Medical
Trust


Forget me not...

What is Life Story?

Life Story work is a 1:1 activity which takes place over a period of about 5-10 weeks.

Volunteers or staff take time to record and preserve the details of a person's life in a way that is meaningful and accessible to them. The finished life story can take different forms below are some examples:



Life Story Boards

These boards are approx. 500cm x 1m and show life events in a very visual way.

These are most accessible for people who may find reading difficult, lose concentration easily or find lots of writing confusing.

Life Story Books

This is a record of a person's most important life events in words and pictures presented in a loose leaf binder.

This form of Life Story is most appropriate for people who are able to recall and communicate well.

Talking Books

These are A5 size photo albums with a recording facility. They contain pictures and accompanying recordings of memorable sounds and where possible voices.

These are especially good for people with sight loss.

Life Story Boxes

These are personalised boxes decorated in a tactile way with the person's name. They contain sensory items that the person will have a meaningful connection to.

These boxes are most accessible for people with more advanced memory loss, cognitive impairment, sight loss or with communication difficulties.

Life Story work provides an enduring resource as an aid to memory recall, to stimulate positive emotions and provide comfort, to aid care planning and promote friendly approaches from care staff. It is also a lasting legacy often treasured by family and friends.

