

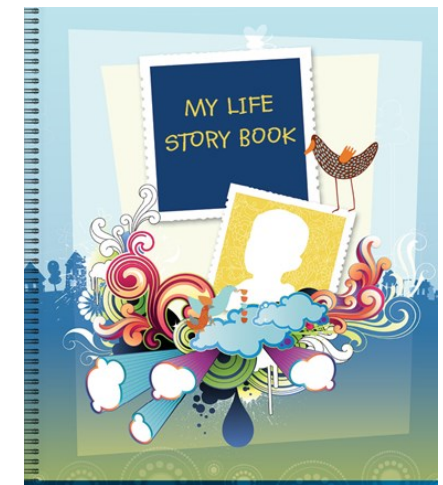
Benefits of a Life Story:

- It is an enjoyable process
- Provides an opportunity to reminisce about your unique life experiences
- Can help staff and volunteers get to know you better
- The finished product holds a brief account of your life and can help you to share your story with others



Extended Care Unit
Our Lady's Hospice & Care
Services

Life Story Information Leaflet



What is a Life Story?

- A synopsis of your life which can help staff to build a better understanding of you as a person.
- A way of finding out what is important to you such as your memories, experiences, life events, values and beliefs.
- It is not a medical document.



What is involved?

- Gathering information, memorabilia and photographs.
- Meeting with your OT to help guide you through the process.
- You may wish to involve your family when gathering this information.

What does it include:

- Photographs of you throughout your life.
- Information you would like to share about yourself such as:
 - Where you grew up
 - Childhood memories
 - Your family
 - Previous jobs
 - Hobbies
 - Likes/dislikes
- This can be presented in a book or poster format.