



Life Story Work

Each person with dementia has their own individual story. We know that our own life experiences shape us as individuals, and knowing theirs helps us to understand who they are as a person then and now.

People who are living with dementia can experience problems with their ability to communicate. Their memory loss means they sometimes need support to communicate important aspects of who they are, such as their background, previous interests, and who and what was important to them. A Life History Story Book acts as a record of their information and can be shared with family, carers and friends to help us better understand and relate to them.

There are several ways that a Life Story book can be made. These might include a scrap book, a printed document, collage or a photobook.

It is important that the work is portable and easily accessible. Add photographs, postcards, invites or mementos with easy-to-read text.

Multiple colours and patterns can be confusing for people living with dementia, so keep it simple with two contrasting colours.

Personal images work well to encourage reminiscing.



There are a number of Apps to help save and share photos and memories of special places by marking them on a map, or playing video and audio.

They are simple to use and suitable for people in earlier stages of dementia.

A person's Life History Book might include the following:

- Their basic information, their name, DOB, where they live/lived.
- Details about their significant others, their family and friends.
- Their childhood.
- Their working life and career.
- Significant dates for them, marriage, birth of their children etc.



For further information contact us on 0191 2808484 option 1