

Best Practices for Reminiscence Therapy & Life Stories

Beth Sanders, BA

Founder & CEO

LifeBio

www.lifebio.com

866-LIFEBIO

info@lifebio.com

- 1. Why & how do we get the story & USE the story? How does it support regulations?**
- 2. Intergenerational opportunities to support goals.
ENGAGE!**
- 3. The power of a personal interview.**
- 4. Health and wellness --- We're all in this together!**

1

11,900



2010

40M

2020

55M

2030

70M

Get ready!



Every
person
has a story
to tell.



1.

Why & how do we get the story & USE the story? How does it support regulations?

- Centers for Medicare and Medicaid (CMS) regulations **require person-centered care (483.5)** to help residents make their own choices. The **resident rights (483.10)** state the nursing home is required by CMS to treat residents with respect and dignity, maintain or enhance quality of life, and recognize individuality.



Comprehensive Person-Centered Care Planning – 483.21 (F279) –

Know the resident's strengths, goals, life history and preferences in addition to resident's needs. Attain or maintain the "resident's highest practicable physical, mental, and psychosocial well-being."

Activities - 483.24 (F248) -

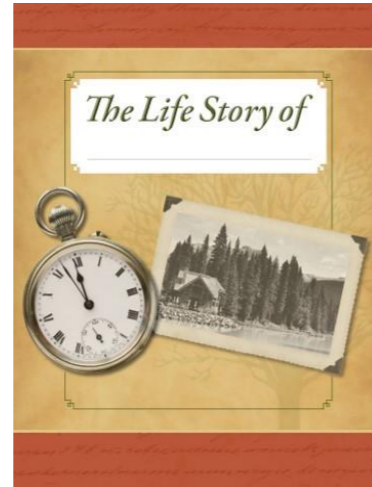
Support residents in their choice of activities designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community.

**Behavioral Health Services –
483.40 (F279)** - CMS requires appropriate treatment and services for persons with dementia including the use of individualized approaches for wellbeing and non-drug approaches to care.

EXAMPLE -- Capture The Story



Fill-in-the-Blank Journals



Online Biography Platform

About Me - Delores S.

MY FILES

PRINT & ORDER

Details

1 2 3 4 5 6 7 8 9 10 11 12 Next

1. This is information on my background (where and when I was born, where I lived most recently)...

SAVE SPELL CHECK COMMENT ADD AUDIO ADD VIDEO ADD PHOTO

B I U S x₂ x² I_x [Rich text editor icons]

My name is Delores and I was born in Luther, Michigan on November 25th. My family members were farmers. Now, I live in Delaware, Ohio. I lived in Westerville, Ohio, and my kids went to Westerville schools.

body

SAVE SET PRINT PREVIEW DEFAULTS

PRINT PREVIEW

MY PHOTOS



This is information on the work I have done in my life...

I taught at Medary School in Columbus, Ohio and at other schools in the Columbus Public Schools district. I would love to teach again or read to children. I've never regretted my decision to become a teacher.



Medary School

Who do you admire the most? What did this person teach you?

I really admired my teacher, Mrs. Faist, because she taught my class how to appreciate nature. To this day, I love gardening, visiting the zoo, and bird-watching.



The Life Story of... Delores Smith

Linda

Linda was born on May 9th in Erie, Pennsylvania. She fondly remembers when she and her three brothers used to sled down the road! Ask about her father's ideas for decorating the Christmas tree each year. Her mother had the ability to change with the times and Linda admired that about her.

Linda and her husband, Lawrence, were married for over 30 years before his death in January 2017. They have four children and 10 grandchildren. It was always Linda's dream to be a mom, and being a grandma is extra special. Their family always went to the beach for breakfast on big holidays.

Being a teacher was a big part of Linda's life, even after she became a mom. She briefly worked for the post office before returning to teaching. For a while, she drove a truck with Lawrence and they enjoyed their adventures together!

Oil painting is Linda's preferred medium, because the oil paint has more body to it. She loves church hymns and musicals. She likes classical music, but she loves listening to songs she can sing along with.

One of her brothers lives in Australia, and Linda would love to visit him. She looks forward to visits from her grandchildren, because family is everything for Linda. The 22nd Psalm gives her comfort and removes all her worries.

"When everything looks negative, find one good thing and praise it."



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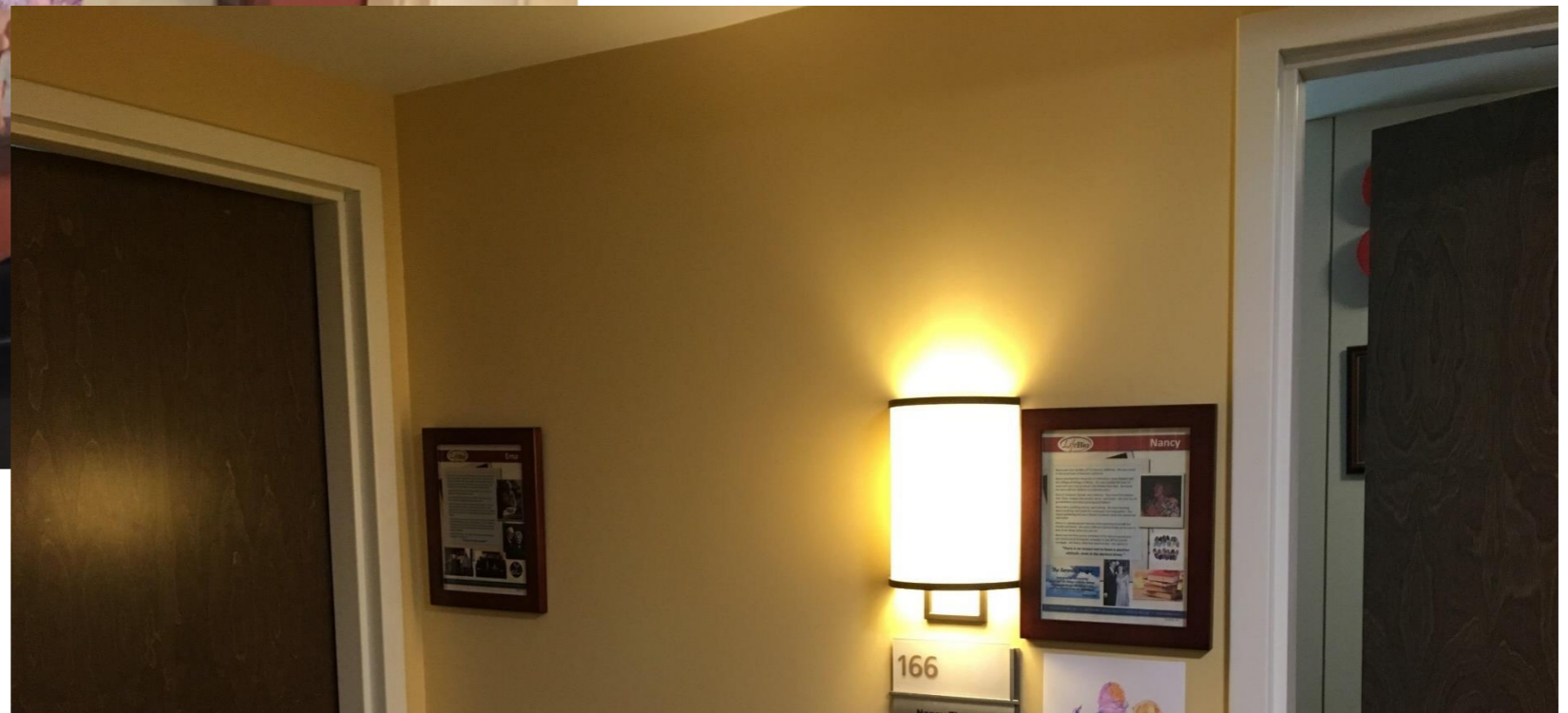
The “Story Team” of writers and editors at LifeBio is at your service to summarize the life story for AL, LTC, and MC. This “quick read” helps staff deeply know residents.

New & Existing Staff Read & Use It – ENGAGE!

Know the Story!



Professional & Visible



Professional & Visible



Millie was born in West Virginia on November 13. She was raised on a farm in Mill Creek, which is near Elkins. Millie considers herself a "Daddy's Girl," and remembers helping her father by getting up early to help milk the cows. Life on the farm was a lot of hard work!

Millie is the youngest of four children; her brother, Ed, is now 90 years old! The entire family was once featured in *The Reader's Digest* magazine in an article about farm life. She even received a scholarship to college thanks to her canning skills! Millie loved all the animals on the farm. Be sure to ask her about her beloved white horse named Nip!

On New Year's Eve, Millie met her future husband on a blind date. Before their two children came along, they traveled extensively, and lived in Geneva, Switzerland, for a couple of years. One of their favorite places was Austria. After her husband retired, the couple also spent two months in Cairo, Egypt.

After working for many years, Millie left the workforce to be a homemaker. She is very proud of her two children, Jay and Kelley.



*"I tried to be a good mom
and take good care of my children."*



A mother's love will never end.
It is there from beginning to end.

Exercise A: Knowing & Using the Story

What would you talk about?

What would you do?

**If we have the story, it's important to use it.
How can we “operationalize” knowing and
using the story?**

2.

**Intergenerational
opportunities to support
goals. ENGAGE!**

Intergenerational Opportunities



What is gained?



- **A new perspective on life and aging. “You are truly a joy to be around.”**
- **Deep feelings of connection and thankfulness. “Thank you for sharing your wisdom with us.”**
- **Strength and inspiration for the future. “I hope my life will be like his.”**



3.

**The power of a personal
interview.**

When and where were you born? Where have you lived most recently? Describe your childhood home and hometown.

Describe the work you have done in your life.

What was your first job? Describe the jobs you had (around the house, paid work, or volunteering). What was your favorite/least favorite job?

Who do you admire the most? What did this person teach you? This could be a parent, a famous person, a mentor, a teacher, a person from history, etc.

Observations?

How did the interview feel?

What outcomes would you expect from YOUR residents, family members, and staff members?

Intergenerational in Memory Care



Have you ever flown on an airplane? Where did you go on the airplane? Was it a smooth or bumpy flight?



4.

**Health and wellness---
We're all in this
together.**

INCREASE HAPPINESS

LifeBio resulted in a statistically-significant increase in **happiness and satisfaction with life** for people 65+ (n=50)

- Reduce depression
- Improve mood for people with dementia (Mayo Clinic)
- Improve staff/resident relationships

FIGHT LONELINESS

Did you know? Social isolation is equivalent to smoking 15 cigarettes a day as a health risk. Both are linked to early death. There are higher rates of heart attack, stroke, and dementia for lonely people.

INCREASE PURPOSE = Reduce hospitalizations



All Dimensions of Wellness



“Autobiography for older adults is like chocolate for the brain.”

--Dr. Gene Cohen

- Physical** - The hippocampus is “lit up” in 70-year-old subjects who were monitored while reminiscing, promoting brain fitness.
- Social** – Deeply know one another in groups or in 1:1 visits.
- Emotional** – Empowers people to review their accomplishments and joys and challenges. Ignites feelings of purpose and meaning!
- Vocational** – Helps older adults have a job to do by giving the gift of their wisdom and values to their children, grandchildren, or other loved ones.
- Spiritual** – Explore and see the “big picture” of their lives and explore one’s one personal beliefs and document these as well.
- Environmental** – Helps change medical model to person-centered care.
- Intellectual** – Provides ample opportunities for learning about one’s self and exploring creativity through personal or group storytelling.

Nursing &
Wellbeing

Life Enrichment &
Social Services

PERSON

Outreach
& Public Relations

Family &
Volunteers

ENGAGE!





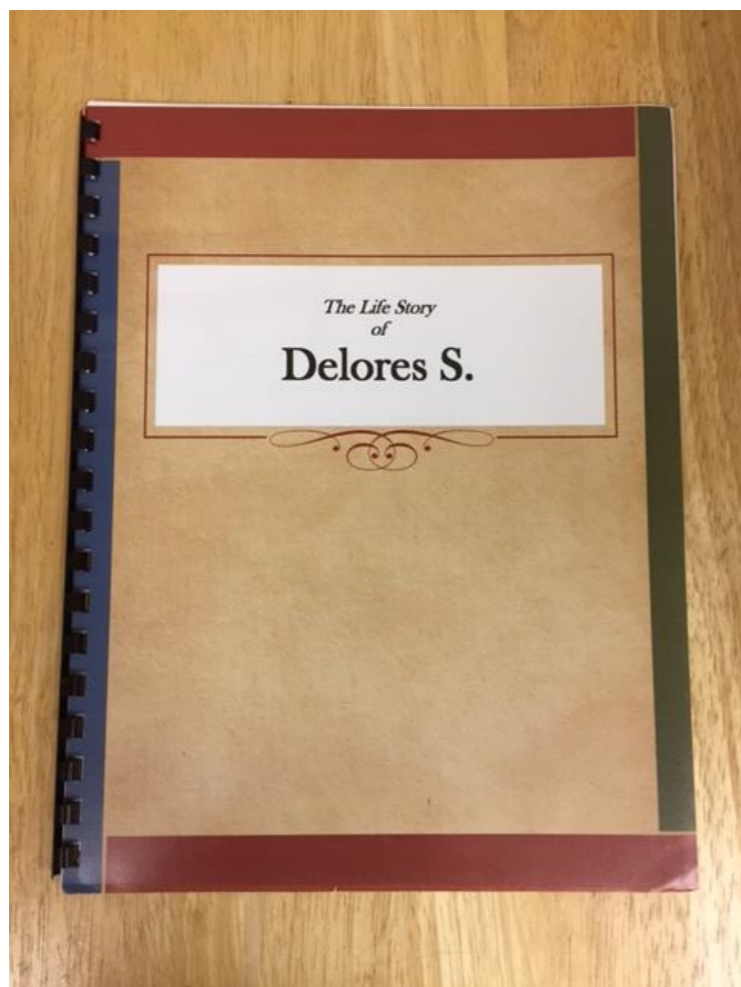
This organization empowers people to tell and share life stories, capturing life's adventures, values, traditions, and memories.

Questions?

Call 937-303-4576

Or email info@lifebio.com

REQUEST A FREE LIFE STORY & SAMPLE PACKET



Comb Bound
-each resident will get a free comb bound copy of their story. Additional copies are \$.75/page



Perfect Bound
-an upgrade option for resident stories.
\$1.00 per page



Leather Bound
-premium upgrade for resident stories
\$1.50-\$2.00 per page