

Life Story Books

- Life Story Books are often used to promote person centred care in older adults, especially for individuals with dementia.
- It involves collecting the life stories and memories of the individual and compiling them into a book or folder.
- The Life Story Book can be used by family and staff to assist the person recall these memories. It can help initiate and support communication.
- Recent literature reviews show that Life Story Books are found to provide positive outcomes for individuals with the dementia and carers involved in their care.
- They have been found to enhance communication between individuals with dementia, relatives, care staff and residents.
- Consider using the Life Story questionnaire to help support with information gathering.
- Consider using the templates to help organise the Life Story Books. They may need edited to meet the needs of the individual e.g. symbols used, vocabulary used etc.