

How to Compile a Life Review



WARWICKSHIRE REMINISCENCE ACTION PROJECT- 2016

A life review, when completed well can be a worthwhile and enjoyable experience for the person who is reminiscing and the person who is compiling the information.

When working with someone who is on the Dementia Journey, it can enable precious memories to be captured before they are lost forever.

Talking to someone about their life, really brings history alive and you will learn far more than you ever could, by reading a book.

Where to begin?

Start with a photograph or trigger to spark the person's memory. You can then take them backwards or forwards in time from the place the person first recalls to expand their memory.

The basics

- The person's name, date and place of birth
- A photograph of where they were born. This can often be obtained from the internet
- Names of parents if available

Making it Flow

Like any story, having a beginning, middle and end is always a good way to make a Life Review flow.

Think of key aspects such as:

- Where were they born
- What school they attended
- Their first job
- Did they get married and have a family
- What did they do during the war (if appropriate) and so on...



Bringing your Review to Life

Use your imagination. You can be as creative as you like!

Use personal photographs or pictures downloaded from the internet.

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Add postcards from favourite holiday destinations.

Add copies of birth and marriage certificates...ration books, bus tickets, sweet wrappers, product labels, words from a favourite poem or song. Newspaper cuttings or even clips from historic events.

The only limitation is your imagination!

Hints & Tips

When working with someone on the Dementia Journey, **AVOID** starting a sentence with "Do you remember". To someone who is struggling with their memory, this can be quite challenging and often distressing.

Little and often, is probably the best way to compile a Life Review, to ensure you don't overtire the person who is reminiscing.

Always conclude, by bringing the person back to the present day, and if they have been recalling a painful memory ensure you do not leave them upset.

If you have access to a tape recorder or a video camera, why not record a session (with the person's permission), to save you from having to make notes and maybe miss something important.

Enjoy!



For more details, please contact us:

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