



KnowMeWell Legacy Training

Life story work is effectively used in aged, dementia, disability and palliative care settings.

Life Story Legacies training builds on Life Story Journey training by increasing the participants' skills and knowledge in asking deeper questions and listening and responding with sensitivity.

Life Story Legacies are a deeper and richer reflection on a person's life and can be a treasured gift for their loved ones and/or community. These stories of insight and growth require a **skilled approach** to the narrative to ensure that the person is able to reflect on the complexities and contradictions of their life. The work has a profound richness which accesses values, beliefs and spiritual dimensions. The work may inform the person's final wishes, statement of choices, palliative care and their passing.

Life Story Legacies Formats:

Although the Life story product (biography, album, profile) is seen as valuable, for people in palliative care, the process is paramount and should be first and foremost beneficial for the client. The person is always in charge and the process is done with sensitivity and respect.

Life Story Legacies Key Benefits:

- Life story work enhances the lives of people in palliative care by offering them a voice at a time when many struggle with the thoughts and feelings associated with facing the end of life.
- Stimulates ongoing reminiscence, meaningful engagement and genuine friendships.

Training is designed to get the results you want for your organisation. It is adapted to suit participants' context and learning styles, and is interactive, inclusive and fun. Training is followed with mentoring and resources, ensuring ongoing support to successfully embed life story work into your organisation.

Staff, volunteers and family carers learn how to use life story work to support the special needs, abilities and context of people requiring care.

Contact Christabelle to discuss your training options.

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