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

**Life Story Journeys Training** will give staff the confidence to deliver a life story journey which is a more detailed description of a person's life. It is usually a word-based chronological story of one’s life, but can also be based on life themes such as childhood, education, work, relationships, achievements, connection to country, travel stories etc.  The journey portrays a person's experience and reflections of these life events and can lead to a life story legacy

**Life Story Journeys Format**: Life story journeys chronicle the person’s life using one or more formats such as audio recordings, written material, photographic albums, slideshows and videos.

Journeys can take many directions, from looking back over life, to following themes and story pathways.

**Key Benefits of Life Story Journeys:**

* Stimulate ongoing reminiscence, meaningful engagement and genuine friendships
* Build self-esteem and a sense of achievement
* Provide carers with access to information about the person’s interests, values and culture

**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.

[christabelle@knowmewell.com.au](mailto:christabelle@knowmewell.com.au)

0439 443 743

Return to the website for other training options

[www.knowmewell.com.au/services](http://www.knowmewell.com.au/services)