



KnowMeWell Creations Training

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

Life Story Creations Training will train staff in reminiscence activities that can be carried out in groups or one to one settings. Participants will learn how to use reminiscence prompts to create a variety of creative mediums.

Life Story Creations Formats: memory boxes, collage, timelines and culturally appropriate artworks

Life Story Creations Key Benefits:

- Stimulates ongoing reminiscence, creative and 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
- Help carers relate, understand and support the person beyond the frailty, diagnosis or disability

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 options.

christabelle@knowmewell.com.au

0439 443 743

Return to the website for other training options

www.knowmewell.com.au/services