

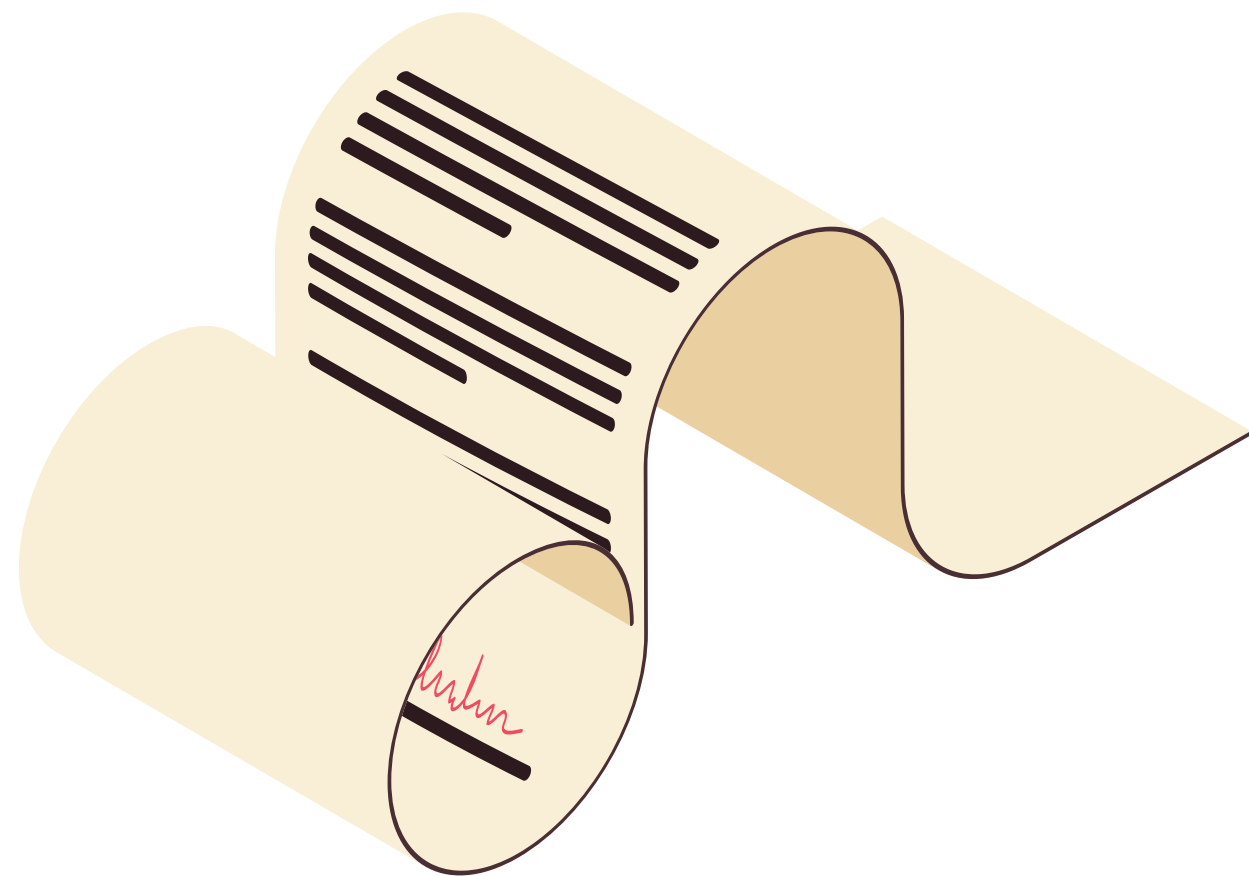
The Importance of Utilizing a Life Story

A tool to be utilized to improve interactions and assist with implementing person-centered approaches.

NCCDP In-service Toolkit



What is a Life Story Document?



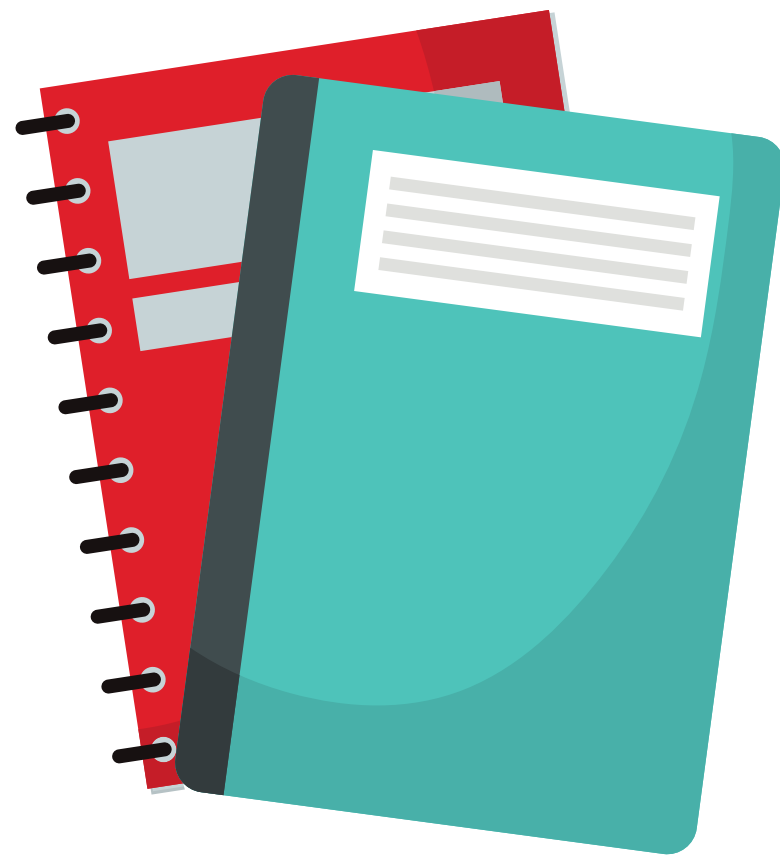
- **Definition:** A document created by a care provider to engage the person living with dementia and their family to provide a detailed history of the persons preferences and past defining facts about roles, persons and places that are preferred
- This tool should be utilized to gather important information that can be shared with the care team to improve interactions and assist with implementing person centered care approaches

What Types of Questions Would a Life Story Include?



- Preferred name
- Important family member names and relationships
- Past occupations
- Where individual lived
- Where they went to school
- Preferred Sights, sounds, tastes, touch and smell
- Typical routine in a day
- Ways to comfort the individual when upset
- Hobbies/interests
- Life shaping events we should be made aware of

Where Should a Life Story be Located?



- A life story can be located in a central location for the care team to locate such a binder in the care office
- In the resident's room where it can be easily accessed such as in the closet or hanging in a appropriate frame with family consent
- In computer program that is utilized to facilitate care plan needs

What Documents and Tools Can be Created With the Life Story?

- Personalized conversation prompts to interact with a resident
- A quick and easy to read comfort care plan that can be accessed easily
- Activity program plans created around the information from your life stories
- Personalized activity kits created around the preferences and interests of the resident



Example of a Life Story Template



LIFE STORY

Preferred Name:

Room Number:

Past occupation:

Important family members /names and ages:

Education:

Religious preference:

Where did they attend church:

Interests/hobbies:

Typical routine:

AM

PM

1. My favorite memories to talk about are:
2. My religion is:
3. Three things that comfort me:
 - 1.
 - 2.
 - 3.
4. Things I enjoy during my day:
5. Something I can't live without:
6. Something I cannot stand:
7. Life shaping events that have occurred that we should be aware of trauma/accomplishments:
8. Some other interests I have are:
9. Favorites

Music:


Food:

TV Show:

Drink:


Example Comfort Care Plan

JoAnna -901- "Mama Jo"



I am from Medina Ohio
I was born in Florida, lived in
New York

I am southern Baptist, My
religion is important to me



Some of my favorites are:

MUSIC Selah, 90.1, fernando ortega
FOOD sweets, BK burger no cheese
T.V. SHOW waltons, little house prairie
TV SHOWS ME TV, old game shows
DRINKS coffee sweet low, extra cream
DRINKS diet pop, milkshakes
CHILDREN Rachelle(daugh), Luke (Son)
Ex Spouses Frank, Jerry

Three things that comfort me

1. Make sure I have my kitty on my lap
2. Help me candy crush on my tablet
3. play recording of my daughter

Something that I just can't live without:
My satin leopard print pillow, my bible and my kitty, ELECTRONIC CIGARETTE

Something that just can't stand:
Too much noise, crowds, running out of cigarettes, being in pain

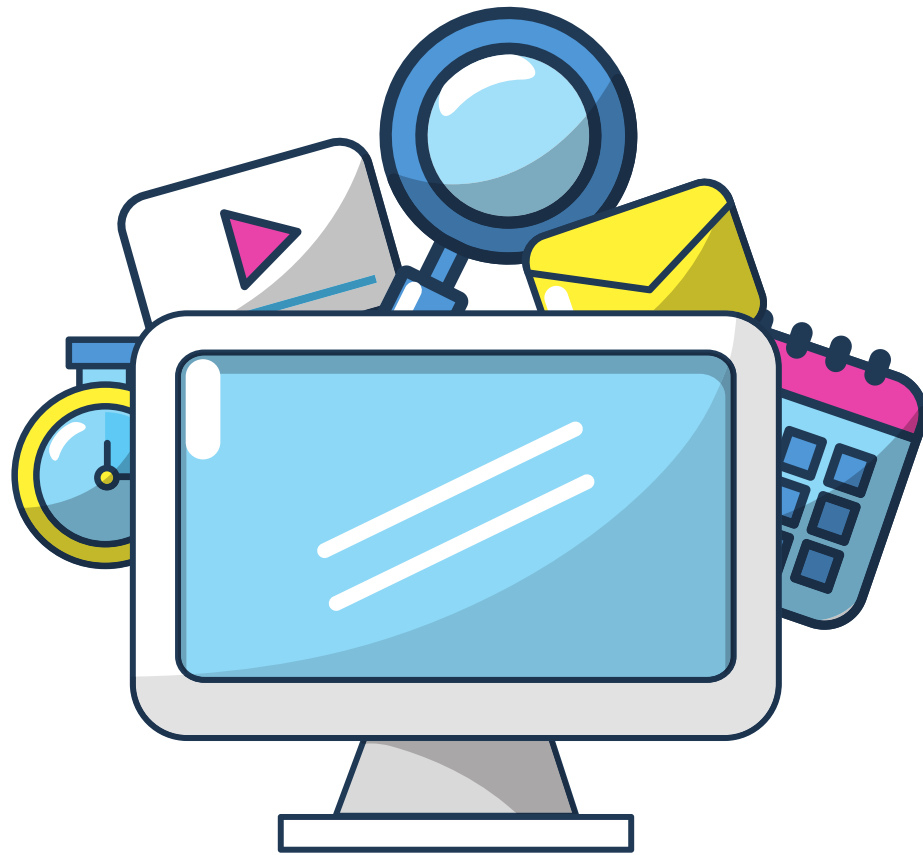
Things I enjoy during my day
sleeping in, a nap after lunch, looking at FB on my kindle, playing candy crush, smoking, me tv

Some other interests I have are:
Going to church, the smoke room, coffee room, going to the thrift store, call friends Sandy, Joyce

My favorite memories to talk about are:
Being the first metermaid in town, Ask about Monica and Chad, my kids Luke, Rachelle

What is most important to me: To feel a sense of control in my life. To feel taken seriously when I am sad or in pain that someone listens, gives me a hug. I do not like tough love firm voices they scare me. My religion, remind me I am not alone God is always with me.

Free Downloadable Life Story Tool



PAL CARD

PELI PAL Cards: A Tool for Communicating Preferences

PELI PAL Cards:

[PELI PAL Cards: Customizable Template |
Preference Based Living](#)

Use the Life Story to Improve Person Centered Care Approaches



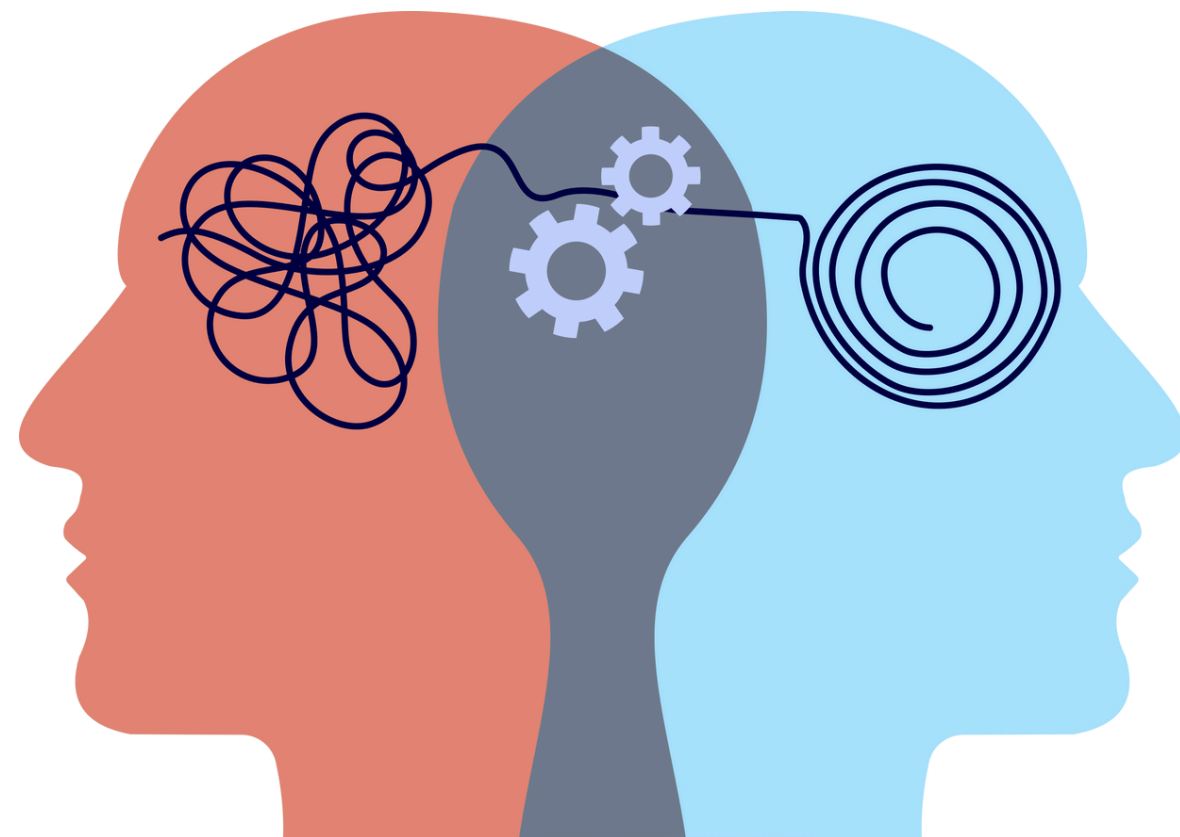
- In-services with care team to share at least 10 facts about the residents they care for
- Create shadow boxes at the entry way of the room for the resident
- Add personalized details to the person's care plan
- Create a quality activity program around the preferences of the residents

Key Take Aways



- It is vital to gather as much information as we can to provide quality personalized approaches to those we care for living with memory loss
- Make sure they are located in a accessible area for easy access
- Often at the move in process families are overwhelmed and may not get to a providing a detailed document. Circle back with family at 30 or 60 days to gather more information

Certifications & Additional Information



National Council of Certified Dementia Practitioners (NCCDP)

www.nccdp.org

- ADDC Alzheimer's Disease and Dementia Care curriculum
- CDP Certified Dementia Practitioner
- CADDCT Certified Alzheimer's Disease and Dementia Care Trainer
- CDCM Certified Dementia Care Manager
- CDSGF Certified Dementia Support Group Facilitator
- CFRDT Certified First Responder Dementia Trainer

International Council of Certified Dementia Practitioners (ICCDP)

www.iccdp.net

- CMDCP Certified Montessori Dementia Care Professional
- CDP Certified Dementia Practitioner