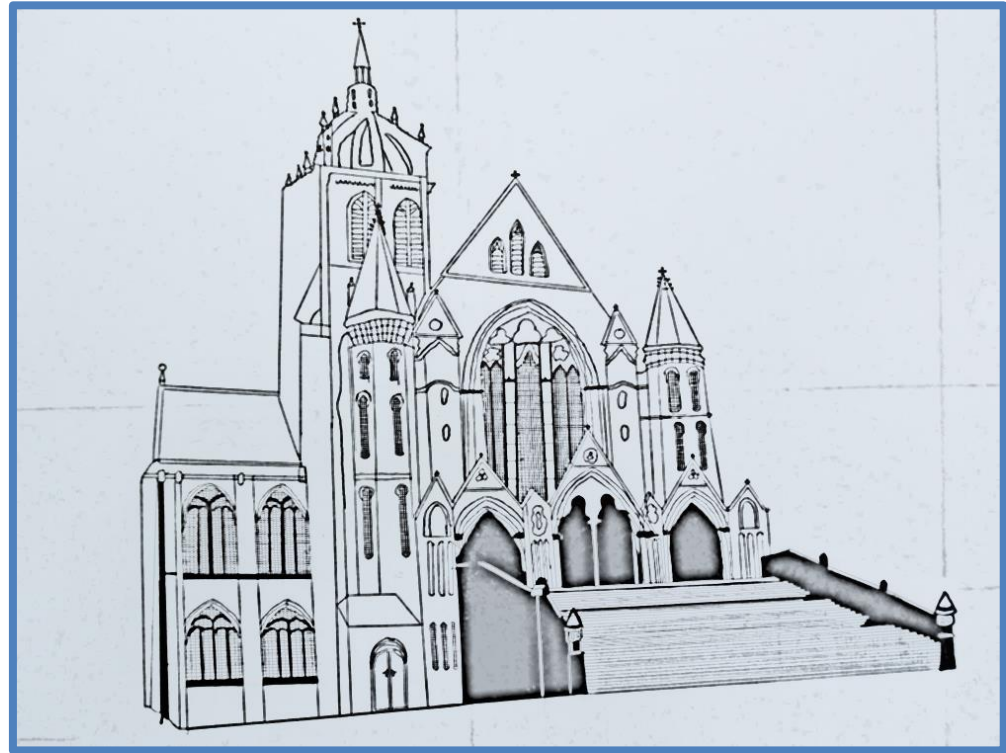




LIFE STORY WORK

Ishbel Murdoch, Occupational Therapist
Accord Hospice
ishbel.murdoch@accord.org.uk



Coats Memorial Church

Life Story Work helps to challenge ageist attitudes and assumptions. It can be used as a basis for individualised care and significantly improve assessments of need, assisting in the transitions that many individuals have to make in the course of the disease trajectory. In palliative care this, of course, means reflecting on death and illness. During these transitions life story work can help to initiate, develop and sustain better relationships between the individual person, staff, families and carers (DoH 2009).

The story so far.....

Life story work has become an emerging area of psychosocial intervention within Occupational Therapy at Accord Hospice. It focuses on life story groups, individual life stories and community visits. This activity is a vehicle for giving space and respect to people's stories, positively affirming their past and supporting them on their present journey. Previous experiences, skills, talents and interests can be subsumed within the challenges of a life limiting illness. Reminiscence, sharing, creating stories and uncovering those skills can strengthen patients and their families through their illness, and reflection on a life lived can help the process of both living and dying.

Background

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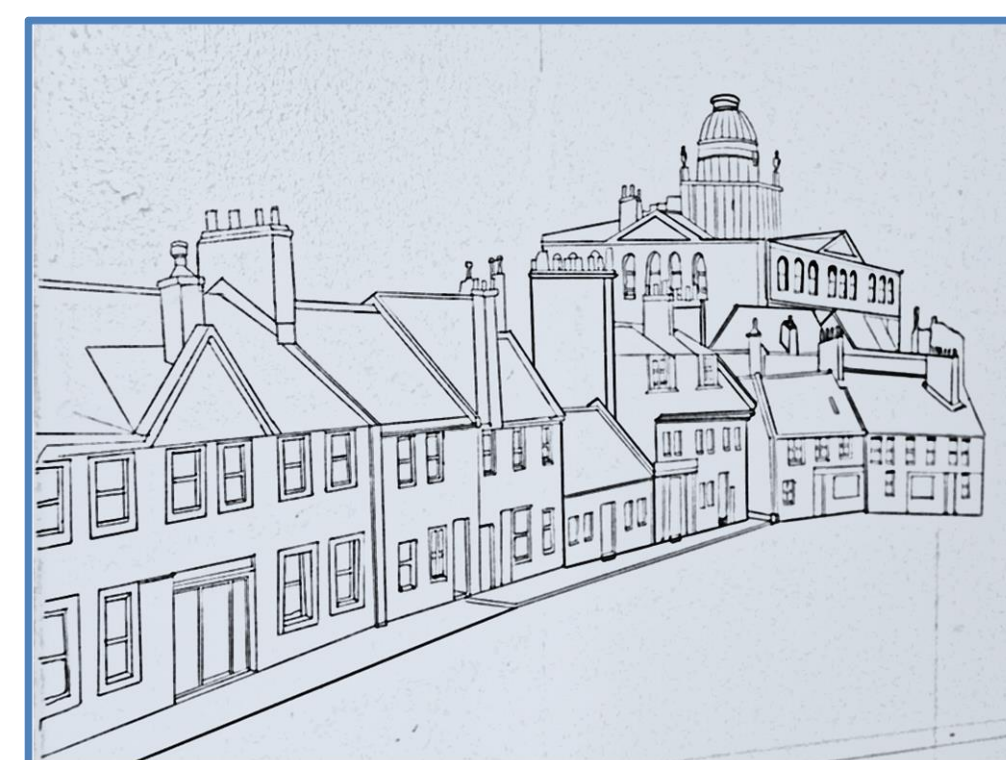
Individual Work

- One to one story collection within the In-patient and Day Therapy Units and home.
- Meeting personal goals and self-motivation.



Community Visits

- Visiting local areas and museums of interest
- Creates current stories and shared experiences.



Paisley – West End



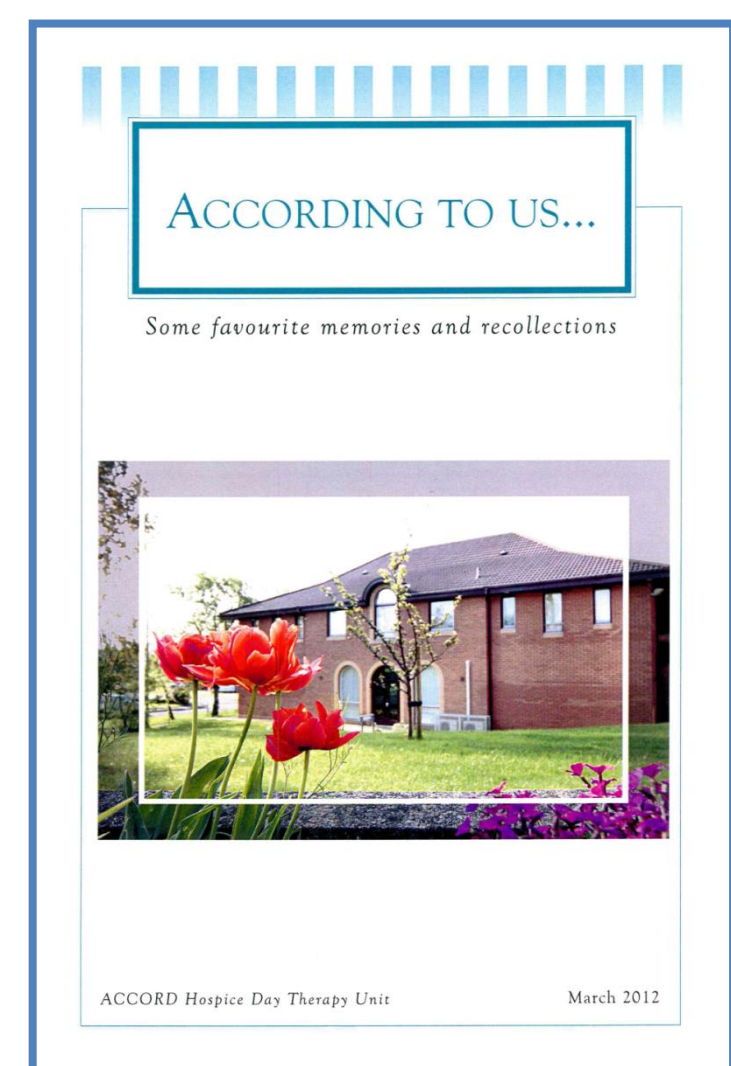
Sma' Shot Cottages

Life Story Group Aims

- Enjoy reflection and discussion on individuals and their lives and encourage sharing of these personal and community experiences.
- Value past roles, skills, talents and nurture mutual respect.
- Enable 'being with'.
- Encourage reflection on life experiences which have shaped them to become who they are now despite their illness.
- Empower by using past skills to develop new skills and coping strategies which may help with their life-limiting illness.
- Share and display stories for personal validation, improving self-esteem and community enjoyment.

"According to Us"

To enable 'doing with' a booklet of individuals' stories gathered from the group process is compiled and distributed. This social history is given the place of a book launch with the reading of extracts, signings and celebrations. Stories can be simple or complex and illustrated by word, pictures or photographs.



What next

- Develop more individual and self directed work.
- Potential involvement of volunteers
- Increased use of technology
- Further development of a supportive group to encourage new skills and coping strategies.