



Service Priorities and Programmes Electronic Presentations

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Using Life Story Work for people with Mild Cognitive Impairment (MCI)/ Mild Dementia to reassure self-identity and enhance mutual understanding with caregiver: a pilot program.

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Introduction

Life Story Work is an activity involves reviewing individual's life events by working with people with dementia and their caregiver¹. It is based on the principles of reminiscence and storytelling, including critical view of life events and identifies person's present and future wishes^{2,3}. The objective of this pilot program is to reassure client's self-identity and enhance mutual understanding with caregiver through the theme of life review (most memorable photo sharing & most achievable event sharing), life value (gratitude sharing, snack sharing & task sharing) and lasting will (wisdom sharing). This program is in closed group structure, once a week with six sessions in 90 minutes each. Client is accompanied with one caregiver to participate together in class activities, sharing and homework. Each client will receive an album product with content of their classwork, photos and reflections in the last session.

Objectives

1) to reassure client's self-identity, 2) promoting positive attitudes, 3) enhance mutual understanding with caregiver, 4) Conserve past significant memories

Methodology

The inclusion criteria of this program were aged 65 and older, diagnosed from MCI to mild level dementia with mean score MMSE 24.5, verbalizes and caregiver is available to join. 4 groups with 8 participants are recruited to participate into the program from April to June 2015. Program is evaluated by each client and caregiver in the last session.

Result

All participants agree life story work can facilitate and enhance client's verbal expression through class activities and sharing, meanwhile provide a channel for caregiver to understand client's ability and belief. Through the life story work, all clients gain positive emotion in doing gratitude sharing, reassure of their self-identity

in theme of life review and life value, such as a lady doesn't allow to cook after diagnosed with dementia and she chooses to cook mushroom with pork for snack sharing successfully. This pilot program provides preliminary support of life story work can reassure self-identity and enhance mutual understanding with caregiver for people with MCI/ mild dementia. Further groups are required in future to confirm the usefulness of this program.