

## Life Story Focus Groups Summary of findings

### Thank you for taking part in this research

Earlier this year Kate and Nada visited your group to talk about your views and experiences of life story work.

We visited four groups and Kate also talked to groups of family carers and professionals.

#### What Kate found out

Lots of people thought the idea of recording things about their life story was a good idea. But people should think about:

- What they want to put into a life story?
- Who they would like to read about their lives?

Workers who help people with life story work should think about:

- Giving people information about doing life story work, but not forcing anyone to do it.
- Getting to know the person well – and sharing their own life experiences.
- Respecting the person's wishes about what goes in the life story and who will read it.
- Continuing to support people with their life story work as life goes on.
- Using different techniques – music or computers as well as words and pictures.
- Helping people to talk about difficult or upsetting memories.
- Helping people to think about what might be useful for other professionals and care workers to know about their life.

#### What happens next?

Kate will continue the research based on what she found out at the focus groups. She will look more closely at how life story work is used in care homes and hospitals.

This research is being conducted by the Social Policy Research Unit, University of York, in partnership with Innovations in Dementia.

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