

***“I have called you by your name”***

***An introduction to spirituality and  
life story work***

# Prayer and Welcome

## Isaiah 43 :

But now, thus says the Lord, who created you, O Jacob,  
And He who formed you, O Israel:

“Fear not, for I have redeemed you;

**I have called *you* by your name;**

You *are* Mine.

When you pass through the waters, I *will be* with you;

And through the rivers, they shall not overflow you.

When you walk through the fire, you shall not be burned,

Nor shall the flame scorch you..

Since you were precious in My sight,

**You have been honoured,**

And **I have loved you;**.

**Fear not,** for I *am* with you;

# Scene setting





***An Individual with a life story!***

# Guidelines for a helpful space

- Confidentiality
- Keeping yourselves and each other safe
- Respecting each other's views
- No right/wrong answer
- Feel free to leave if you need some space
- We need to work together in a supportive way to enable greater learning and understanding
- Others....



# What is spirituality?

“spirituality is this commitment to honour a **person’s identity**, to find meaning for his or her life **to encourage the possibility of relationship** and to **sustain a compassionate and secure environment** in which the person can **feel safe**”

Malcolm Goldsmith

# Communication and Dementia

*“As their dementia progresses, people may be less able to enter our world, we may need to enter theirs and enjoy it with them”*

Barbara Pointon, Carer



“we live with a **depth of spirituality** rather than cognition that you can **connect** with us at a deep level through touch, eye contact, smiles”

(Christine Bryden,2005)

*“kindness is a language which the deaf can hear and the blind can see”*

(Mark Twain)

# What is Life Story Work?

- Life Story Work is a continuous process
- It involves looking back on the past and forward to future hopes
- It is usually done on a one to one basis
- **Stories of what people CAN do, what they were good at, skill and ability are important to capture**
- It can be a sheet of A4, a timeline, some pictures in a scrapbook, a box, a DVD or a Memory Book



# Life Story Work is Not....

- It is **NOT** a finished story.
- It is **NOT** reminiscence.
- It is **NOT** therapy - but it might be therapeutic.
- It does **NOT** have to be chronological.



# Underpinning principles of Life Story Work

- Stories are only partial descriptions of our lives.
- Stories have real effects in shaping our lives and futures.
- The stories are socially constructed.

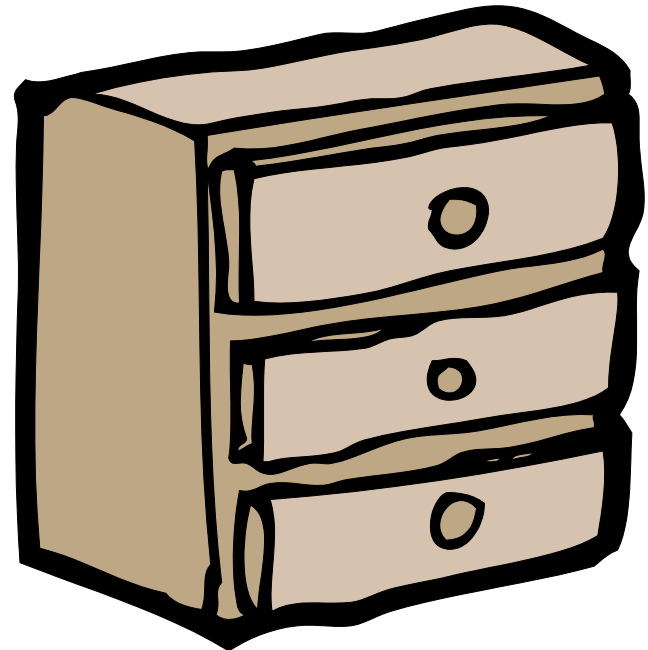
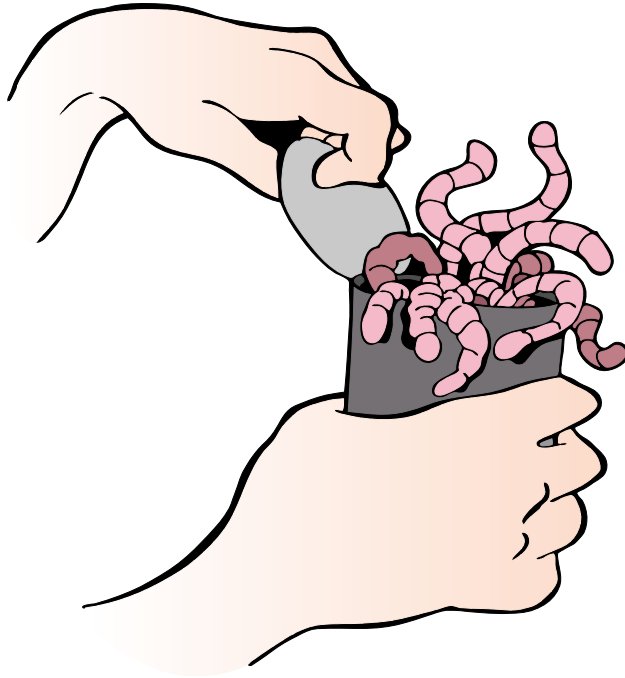


# Underpinning principles of Life Story Work

- People's lives are multi-storied.
- **Stories of competency, knowledge, skill and ability – what we CAN do are helpful ones.**



# Life Story Work.....



# Let's try it!



# The Power of Music

- Henry :
- Alive inside

[www.youtube.com/watch?v=NKDXuCE7LeQ](http://www.youtube.com/watch?v=NKDXuCE7LeQ)



“telling our stories is an act of transcending  
the personal and entering the realm of  
the sacred”

(Atkinson)

# Reflection



# Thank You !

## Life Story Network CIC - Contact Details

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# Other Resources

- [www.lifestorynetwork.org.uk](http://www.lifestorynetwork.org.uk)
- [www.alz.org](http://www.alz.org)
- [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- [www.dementia-voice.org.uk](http://www.dementia-voice.org.uk)
- [www.ageconcern.org.uk](http://www.ageconcern.org.uk)
- [www.dementiauk.org.uk](http://www.dementiauk.org.uk)