



Life Story Training

Please note: This training is suitable for people who have direct contact only with people living with dementia; i.e. support workers and other similar roles.

In this 2-part program, you'll engage in reflective discussions, and gain insights into the role of equality, diversity, and spirituality in Life Story training and how this can enhance the lives and make a meaningful difference to the people you care for, and their families.

Our experienced trainers will guide you through how to navigate sensitive disclosures and the associated challenges, and you will gain the knowledge and skills to gather information and the various methods of collating it.

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Learning Outcomes

- To understand what Life Story Work is
- To recognise the potential benefits for people living with dementia, their families and care staff
- To discuss what things should be considered prior to starting and whilst collecting information
- To explore the different ways information can be collated
- Reflections on starting a life story with a person you support
- The importance of equality, diversity and spirituality in LSW
- To explore what might happen if a person discloses difficult information
- Identifying and overcoming challenges
- Moving forward

Course Content

Part 1:

Module 1: Introduction to Life Story Work (LSW)

- Understand the concept and importance of LSW in dementia care.
- Explore the benefits for individuals, families, and caregivers.

Module 2: Gathering Information Effectively

- Learn strategies for collecting meaningful information.
- Explore various methods and tools used in information gathering.

Course Content

Part 2:

Module 3: Reflective Practice in LSW

- Engage in discussions on the importance of reflection in LSW.
- Develop skills for initiating and guiding life story journeys.

Module 4: Equality, Diversity, and Spirituality in LSW

- Recognise the significance of equality, diversity, and spirituality in LSW practices.
- Explore ways to integrate these principles into caregiving.

Module 5: Handling Sensitive Disclosures

- Learn strategies for responding to sensitive information.
- Understand the importance of maintaining confidentiality and respect.

Module 6: Overcoming Challenges in LSW

- Identify common challenges faced in LSW.
- Develop problem-solving skills to overcome obstacles.

Course Content

Part 2 continued.

Module 7: Progression and Growth in LSW Practices

- Chart a course for personal and professional growth in LSW.
- Explore opportunities for ongoing learning and development.

Module 8: Impact of Storytelling and Reminiscence

- Understand the therapeutic benefits of storytelling and reminiscence.
- Explore ways to incorporate these activities into dementia care.