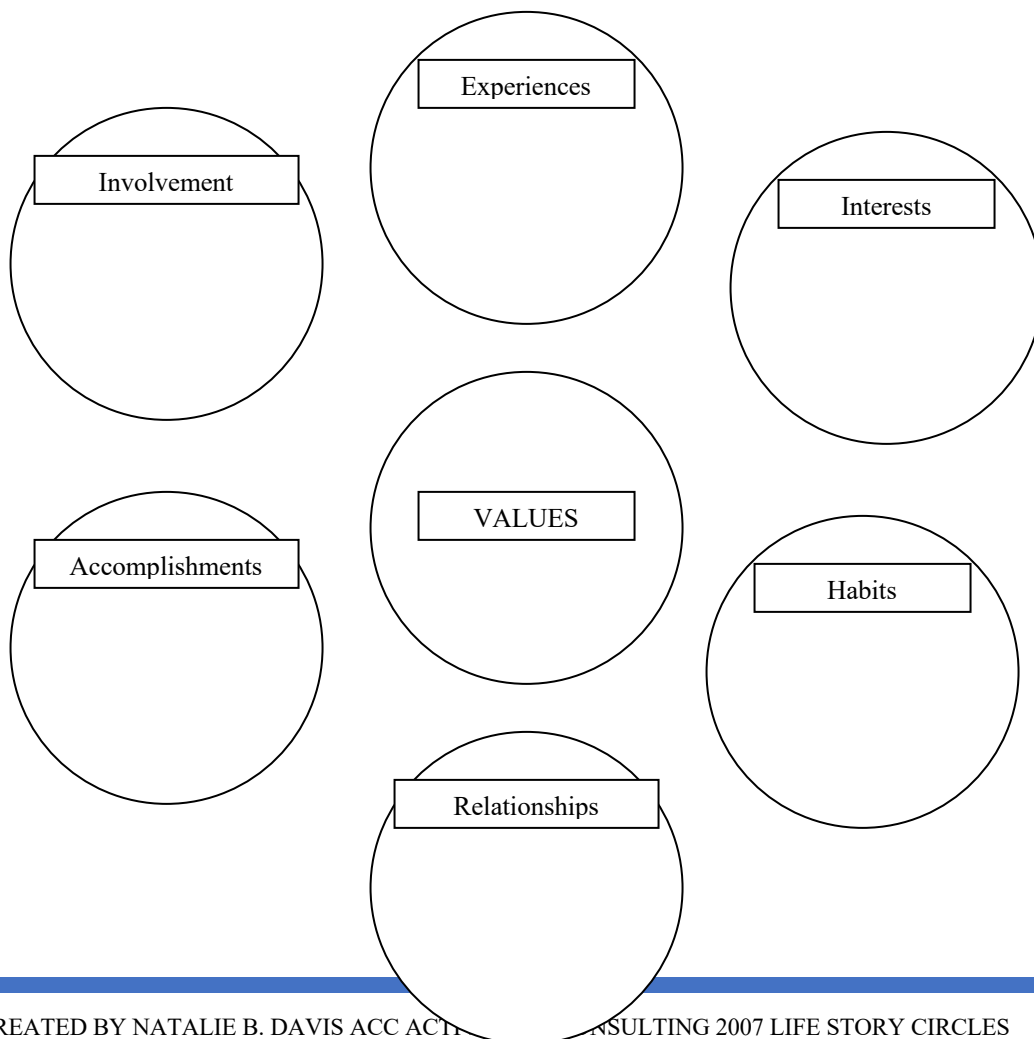


LEARNING ACTIVITY: LIFE STORY CIRCLES

A life story is a description of the unique characteristics of a person. It includes

- The lifelong patterns of social involvement and engagement
- The unique “moments” and experiences that have made an emotional impact
- A statement of VALUES that defines the person’s actions
- A set of interests and preferences that form our IDENTITY
- A portrait of our habits and routines
- A collection of special accomplishments that reinforce our worth
- A description of relationships that provide rootedness and connectivity to others

© (written by Natalie B. Davis ACC while compiling the life story of her father)





Natalie B. Davis ACC ©

Complete the diagram on the previous page for yourself.

Begin with Values: What legacies do you wish to pass on? What values do you live by that influence the decisions that you make. What “sayings” to you find yourself using with others or what types of “quotes” did you hear as a child, that have influenced your life?

Accomplishments: When do you remember saying “I DID it!” What are you most proud of?

Involvement: Summarize your desire for social involvement and the type of setting that you are most comfortable with.

Experiences: What are the top 10 “moments” that have had an emotional impact on you?

Interests: How would you describe your interests?

Habits: What are the simple pleasures that make life meaningful? What routines do you find comforting? What is important for you to do on a routine basis?

Relationships: Who are the people that you feel connected to? What types of relationships offer support?

Next, identify 3 things that you want others to know about you when you move into a care facility!

- 1.
- 2.
- 3.

How can you use life story circles in your work with elders?