Your Story matters, bringing it to life

It's also good for your health
Purpose

Everybody has a story!
Is it time to tell yours?
Inspiring Life Stories

A Social Enterprise of COTA Victoria.

Comprising:
1. Reminiscing Cards
2. Story Guides – over the phone assistance with writing their story.
3. Inspiring Life Stories Online
What is reminiscing?

- Remember
- Recollect
- Muse

Simple reminiscing
- Creates communion and rapport
- Helps people to feel recognized
- Is fun with others
“Tales of a country boy.”

My Dad
Wrote his story
Learnt things that I never knew
Living Legacy
We chatted about

So how did the reminiscing Story Cards come about?
Worked with Swinburne University

- Dr Sunil Bhar
- Strength based
- Built on other work

Other developments
- Palliative care
- Residential aged care
- Private biographers
Prompts to elicit stories

Beginnings

Strengths and successes

Challenges and wisdom
How the story cards can be used

- Partners sharing stories and responses
- Amongst family members. Grandchildren asking grandparents questions
- With groups like Probus, Life activity clubs or U3A
Beginnings
To elicit simple reminiscence

Where were you born?
When were you born?
What is the story of your name?
Beginnings

What skills and attitudes did you develop as a child and young person?
Beginnings

What was your neighbourhood like?
What have been some of the best decisions that you have made in your life?
Strengths and success

What positive qualities would you like others to know about you?
Were you afraid of anything as a child that you are no longer afraid of?
Strengths and success

achievements...

what you love doing...

lessons learnt...

proudest moments...

funny stories...
Challenges and Wisdom

Can you tell me about a time when you were very ill?

What did you consider as the meaning of success when you were younger?

Looking back, how has that experience influenced you?

What is success now?

If you could choose one thing to pass on as your legacy, what would it be?

If you could talk to younger people, what advice would you give them?
Other topics

Values

Traditions

Lessons learnt and your legacy
What do they do?

Help clarify who you are writing for.

Keep you on target.

Help when you are stuck.

Finalise your story (light edit)
Irma’s Story

Covered
• Beginnings
• Teenage years
• Family Life
• Her career
• Reflections on what is important
• Information about what she would like at her funeral
“My reminiscing through Inspiring Life Stories is now a precious gift to my family.” Irma

“The story guide has helped me to concisely record my story and I feel listened to and supported.” Bill

“I’ve wanted to tell my story for ages and now I've been able to through Inspiring Life Stories. It’s helped confirm my contribution to my family, my friends and to understand myself.” Jane
Do no harm

Be mindful that reminiscing can touch some nerves and sore points. Have options to talk

1300 659 467
www.suicidecallbackservice.org.au

13 11 14
www.lifeline.org.au

1300 224 636
www.beyondblue.org.au

1300 224 636
www.mensline.org.au

1300 659 467
www.suicidecallbackservice.org.au
Costs

Reminiscing Cards  $35 plus postage

Story Guide assistance $295
•  Cards
•  Help over the phone
•  Booklet of your story

Coming - Online Story $35
Easy to use for people that can use the computer
You can download a PDF version of your story
A Reflection on Reminiscing

Thinking of places that my get up has been!

Old age is golden, or so I've heard it said. But sometimes I wonder as I crawl into bed. With my ears in a drawer, my teeth inn a cup. My glasses on the table until I get up. As sleep dims my vision, I say to myself. Is there anything else I should lay on the shelf. The reason I know that my youth is all spent Is my get up and go has already went! But in spite of it al, Im able to grin And think of all the places that my get up has been!