



Improving Person Centered Care Through Engagement ,Reminiscence Therapy and Life Stories

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Life Stories for Better Health

- LifeBio captures life stories in nursing home communities to improve people's quality of life and to enhance person-centered care.
- Understanding the uniqueness of a person in more depth is essential to their care.

LifeBio has preserved 530 Life Stories of residents in 40 communities in Tennessee, with the use of CMP funding.

I helped establish a high school in Georgia State Prison. The school was high school, and we participated in all the activities that a regular high school did, Football, Basketball, Fine Arts, It was quite an experience
I'll tell you that, yes in fact it was"

I love being outside. My favorite things to do outdoors are tend to my garden, sit on the porch, and watch or talk to people."

" Going outside always makes my day special. I am just an outdoor person and like being outside and doing things in the yard."

We have completed CMP Grants in Ohio and are actively working on awarded grants in California and Washington.

"Elvis worked at a gas station on my road and pumped gas for me. "

How LifeBio /CMP Grant Works

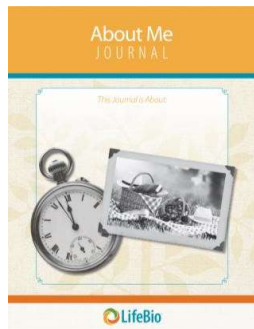
- Social connectedness increased by assisting people in capture life stories and engaging in new conversations.
- Life Story Book presented to resident, Snapshot and Action Plan will help in care planning.
- HIPAA-compliance and privacy guaranteed

MARKETING & OPERATIONS SUPPORT

- Marketing tools (brochures, newsletter copy, etc.) are provided in **online toolkit**.
- Quarterly analytics reports showing progress to date.

1

Starter Kit is Mailed



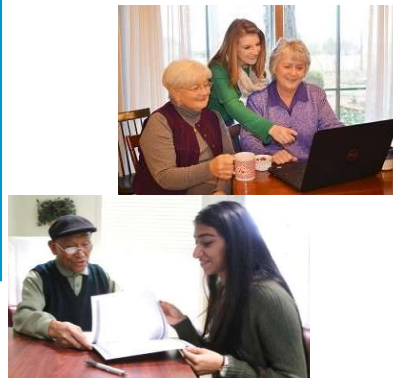
2

Online Getting Started Training is Provided to Key Staff



3

Staff, family, or volunteers assist in capturing life stories



4

Story Team builds personalized story online at LifeBio.com, then prints and mails materials.



Choose: Phone Interviews in your subscription for additional support in Memory Care

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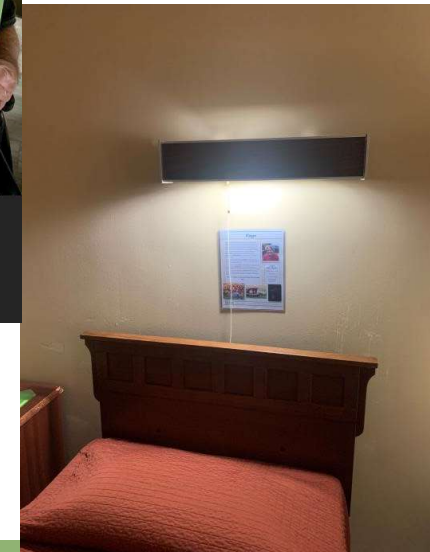
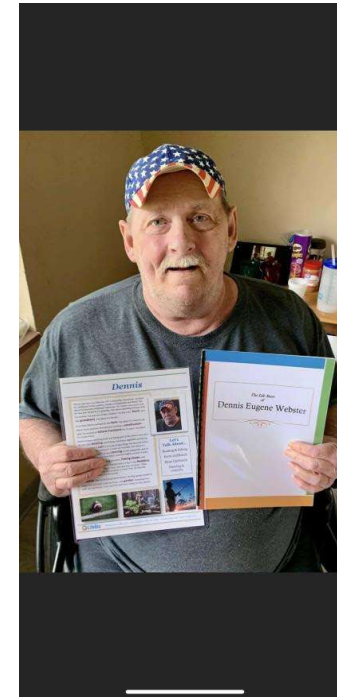
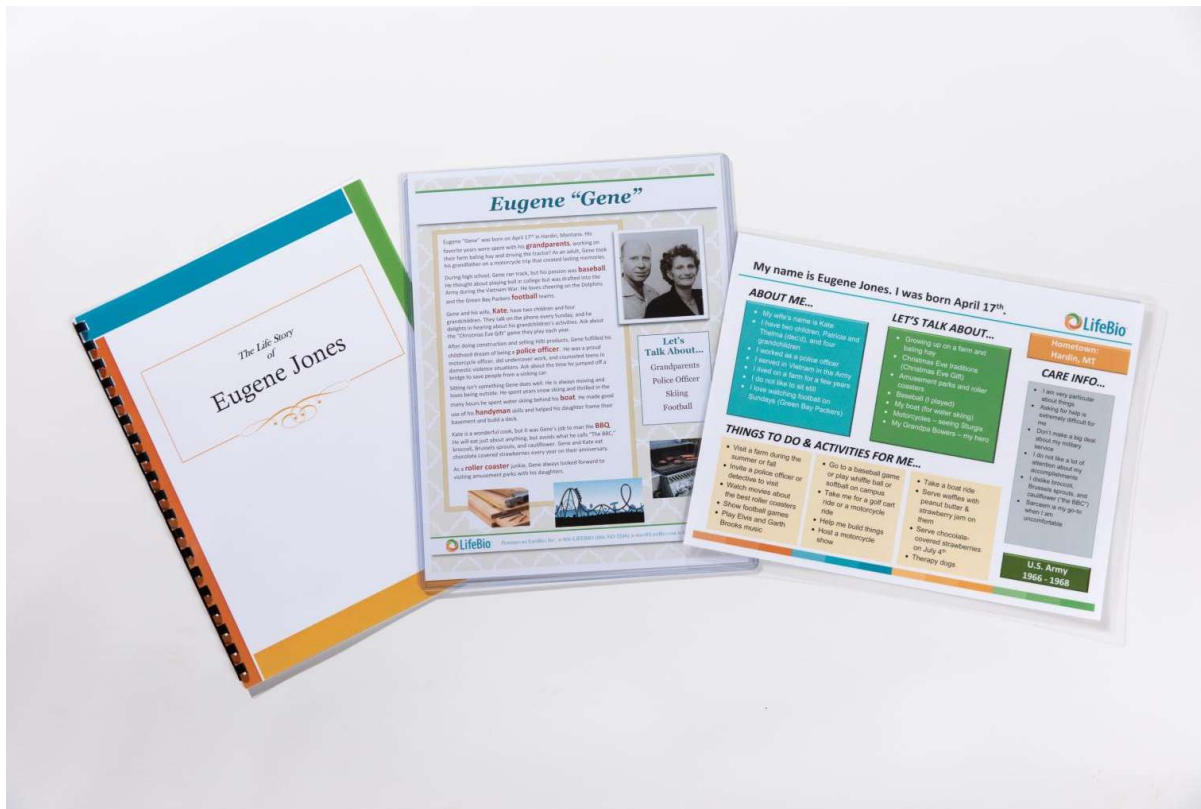
You present the Life Story Books, Snapshots, and Action Plans





What LifeBio Delivers

1. Life Story Book
2. Snapshot
3. Action Plan




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Life Story Book for Resident & Family



My first wife, Morgan, and I have two girls, Patricia and Thelma. Thelma passed away in 2010. Patricia lives in Georgia with her husband, Andrew, and their two boys, Greg and Brad. Thelma also has two boys, Robert and Patrick.




My current wife, Kate, and I were introduced on a blind date. We took a motorcycle trip back from Georgia early on and have been together ever since. We were married on July 4, 1998, and I promised to always have fireworks on our anniversary. When we were engaged, the waitress delivered a plate of white and milk chocolate-covered strawberries that had "Will you marry me?" written around the edge of the plate. We reenact the strawberries each year on our anniversary just for fun.



4

The Life Story
of
Eugene Jones



“Snapshot” Summary (to Display more Publicly)



Eugene “Gene”

Eugene “Gene” was born on April 17th in Hardin, Montana. His favorite years were spent with his **grandparents**, working on their farm baling hay and driving the tractor! As an adult, Gene took his grandfather on a motorcycle trip that created lasting memories.

During high school, Gene ran track, but his passion was **baseball**. He thought about playing ball in college but was drafted into the Army during the Vietnam War. He loves cheering on the Dolphins and the Green Bay Packers **football** teams.

Gene and his wife, **Kate**, have two children and four grandchildren. They talk on the phone every Sunday, and he delights in hearing about his grandchildren’s activities. Ask about the “Christmas Eve Gift” game they play each year.

After doing construction and selling Hilti products, Gene fulfilled his childhood dream of being a **police officer**. He was a proud motorcycle officer, did undercover work, and counseled teens in domestic violence situations. Ask about the time he jumped off a bridge to save people from a sinking car.

Sitting isn’t something Gene does well. He is always moving and loves being outside. He spent years snow skiing and thrilled in the many hours he spent water skiing behind his **boat**. He made good use of his **handyman** skills and helped his daughter frame their basement and build a deck.

Kate is a wonderful cook, but it was Gene’s job to man the **BBQ**. He will eat just about anything, but avoids what he calls “The BBC,” broccoli, Brussels sprouts, and cauliflower. Gene and Kate eat chocolate covered strawberries every year on their anniversary.

As a **roller coaster** junkie, Gene always looked forward to visiting amusement parks with his daughters.



Let’s Talk About...

- Grandparents
- Police Officer
- Skiing
- Football



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My name is Eugene Jones. I was born April 17th.

ABOUT ME...

- My wife's name is Kate
- I have two children, Patricia and Thelma (dec'd), and four grandchildren
- I worked as a police officer
- I served in Vietnam in the Army
- I lived on a farm for a few years
- I do not like to sit still
- I love watching football on Sundays (Green Bay Packers)

LET'S TALK ABOUT...

- Growing up on a farm and baling hay
- Christmas Eve traditions (Christmas Eve Gift)
- Amusement parks and roller coasters
- Baseball (I played)
- My boat (for water skiing)
- Motorcycles – seeing Sturgis
- My Grandpa Bowers – my hero

Hometown:
Hardin, MT

CARE INFO...

- I am very particular about things
- Asking for help is extremely difficult for me
- Don't make a big deal about my military service
- I do not like a lot of attention about my accomplishments
- I dislike broccoli, Brussels sprouts, and cauliflower ("the BBC")
- Sarcasm is my go-to when I am uncomfortable

U.S. Army
1966 - 1968

THINGS TO DO & ACTIVITIES FOR ME...

- Visit a farm during the summer or fall
- Invite a police officer or detective to visit
- Watch movies about the best roller coasters
- Show football games
- Play Elvis and Garth Brooks music

- Go to a baseball game or play whiffle ball or softball on campus
- Take me for a golf cart ride or a motorcycle ride
- Help me build things
- Host a motorcycle show

- Take a boat ride
- Serve waffles with peanut butter & strawberry jam on them
- Serve chocolate-covered strawberries on July 4th
- Therapy dogs

Action Plan
(for *behind-the-scenes* care planning)

Health & Wellbeing



- **Regulations for CMS (Skilled Nursing/Long-Term Care)**
 - Person-centered care planning 483.5 (F636 and F656) – individualized care planning to meet physical, mental, and psychosocial wellbeing
 - Activities (F679) – must maintain or improve physical, mental, psychosocial wellbeing and independence
 - Dementia Care (F679) – Individualize activities based on resident’s previous lifestyle (occupation, hobbies)
 - Behavioral Health (F740-F745) – Providing meaningful activities which promote engagement with other residents and in the community. Individualized and non-pharmacological solutions for depression, PTSD, etc.
- **Loneliness** - A major health risk equivalent to smoking or obesity
- **Depression** – Life stories & reminiscence increase happiness and satisfaction with life
- **Purpose and Meaning** – People with more purpose are 17% less hospitalized. Creating a legacy gives purpose and meaning.



Our Results



Reduced depression by 15%

in nursing homes in largest national study to date on reminiscence therapy



Reduced loneliness

levels in seniors expressing loneliness at baseline – found to be generalizable in older population



Improved mood

for those with mild cognitive impairment (MCI) used during Mayo Clinic's HABIT Program, a 10-day intervention to improve independence and thinking for those newly diagnosed with dementia.



Increased happiness & subjective wellbeing

scores among older adults residing in senior living (self reported, statistically significant change).



Increased Efficiency and Effectiveness of Care for Staff in Memory Care

Reported that LifeBio made care easier and that reviewing the Snapshot and Action Plan for care delivery was quick and easy.

Source: K Keown, R Tkatch, D Martin, M Duffy, L Wu, J Schaeffer, E Wicker, LIFE BIO: LIFE STORIES OF OLDER ADULTS TO REDUCE LONELINESS AND IMPROVE SOCIAL CONNECTEDNESS, *Innovation in Aging*, Volume 2, Issue suppl_1, November 2018, Page 241, <https://doi.org/10.1093/geroni/igy023.899>
[OTHER SOURCES](#)



Leave no story behind.



- The grant was awarded as COVID hit.
- Suddenly there was lock down and Isolation
- New protocols instated
- Staffing became a crisis not just an issue.

It was are goal to continue to get the stories of the residents and provide the tools to make reduce the work load of the staff.

Life Bio reassessed or process

- Contacted each community to set up a process that would work best for their current situation
- LifeBio provided phones to communities that had staffing issues and we conduced the interviews with the residents over the phone.
- We provided extra training to communities that had large turn onver.

LifeBio extended the dates due to make sure everyone had time to get their stories completed.

Priceing

Per site the cost is \$880.00 per month

This includes :

- Subscription to LifeBio
- Journals and all supplies needed
- Training
- Deicated LifeBio support team
- Interview assitance
- Complted Snapshot, Action Plan , Life Story Book
- Online accounts for all participants.



LifeBio Can Help.

Nearly anyone can participate in life story work.

LifeBio, Inc. has more than 20 years of focusing on life story work in health care, mental health, and for individuals.



SOURCES



In 1963, Dr. Robert Butler first documented the natural, therapeutic value of reminiscence. Butler was the founding director of the National Institute on Aging (NIA) and he later helped found the Alzheimer's Association. He considered **reminiscence to be one of the most natural and productive processes of older people who are coming to terms with their own lives** (Butler, 1963).

Summary



In Health Care / Senior Living



**Improves Person-Centered Care
Helps Staff See People Holistically**



**Improves Efficiency & Effectiveness,
SDoH Supports, Building Protective Factors**



**Improve Quality of Life, Quality of
Care and Can Lower Care Costs**

For the Person Age 65+



Builds Social Engagement



**Reaffirms Unique Identity
and Provides Purpose and Meaning**



Improves Health and Wellbeing

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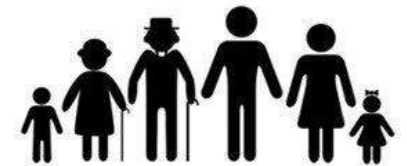
For the Family Caregiver



Provides Peace of Mind



**Reduces Caregiver Burnout &
Emotional Support Burden**



**Supports Family Connections,
Makes Visits Enjoyable**



Thank You

Any Questions Please Contact Becky Williams 937-303-0039 or Becky@lifebio.com