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# The Use of Life Story Interventions Between Older Adult with Dementia and Caregivers: A State of the Science

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# The Use of Life Story Interventions Between Older Adults with Dementia and Caregivers: A State of the Science



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## Purpose

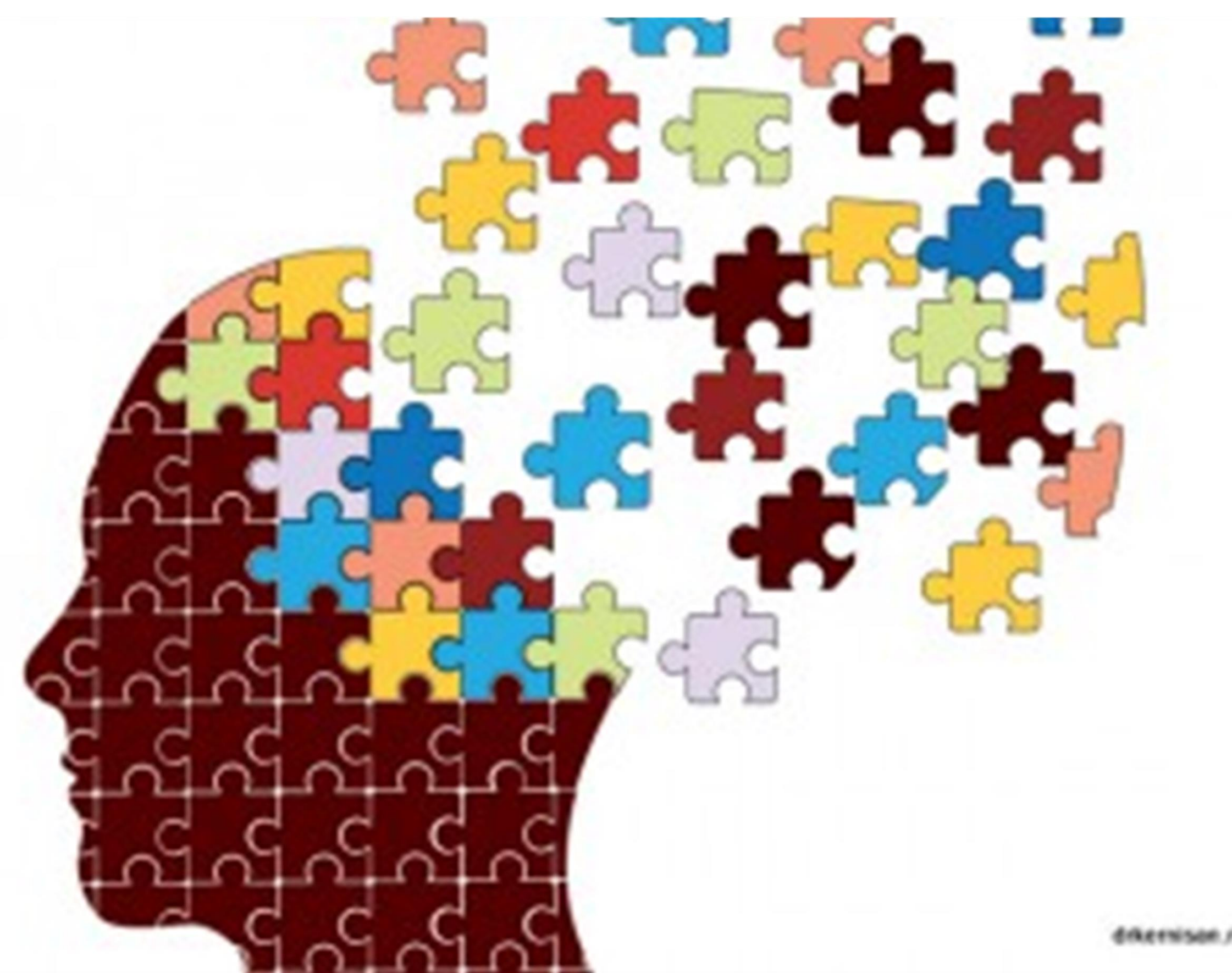
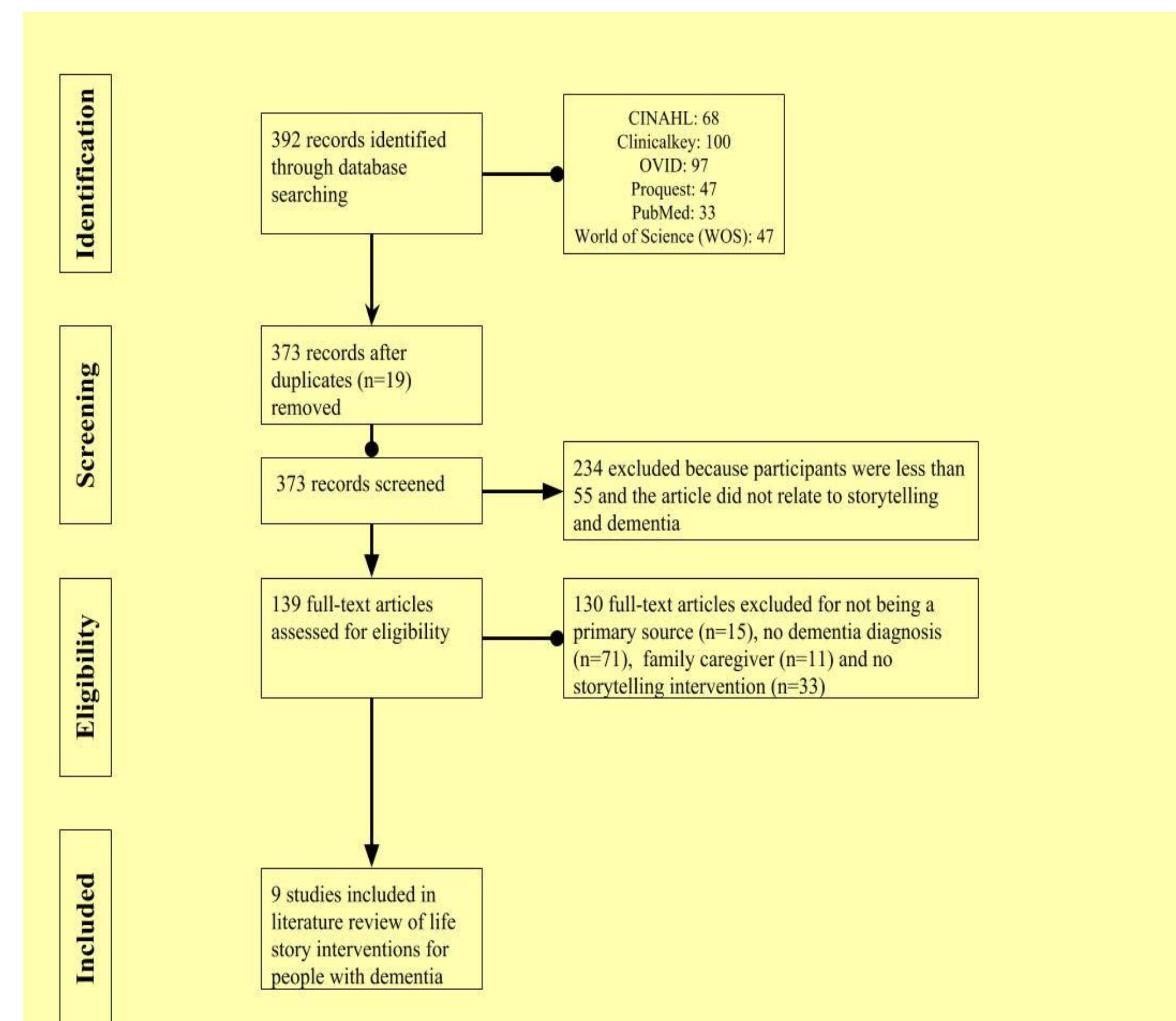
To find gaps and synthesize research findings of storytelling techniques such as Timeslips, StoryCorps, and other creative expression interventions, in healthcare settings for adults 50+ with a diagnosis of dementia.

## Rationale

Dementia is becoming more and more common in older adults. Dementia has no cure and the medications available are not able to stop the disease, only slow it down. It is important to use nonpharmacological treatments to provide more person-centered care.

## Methods

Literature review using the databases CINAHL, Clinicalkey, OVID, Proquest, Pubmed, and Web of Science. The search terms used were “storytelling” and “caregiver”. Articles chosen for this review ranged from 2003-2018.



## Results

- Healthcare Providers:
  - Person-centered care
  - Understanding of who the person was before they were diagnosed with dementia
- Patients:
  - Quality of life
    - More positive social interactions between residents and staff
    - Improved self-esteem in persons with dementia (PWD)
  - Behavior symptoms
    - Reduced apathy and irritability
    - Increased interest and pleasure

## Conclusions

Future studies need larger intervention groups, study intervals, and more diversity in the study sample to strengthen the data for the benefits of storytelling techniques. Current data suggests that storytelling techniques should become a standard practice on units for PWD.