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The perspectives of elderly post war migrant residents in aged care of a Life Story Program

The Occupation of Reminiscence in aged care

This phenomenological research project was aimed to shed light on the nature and meaning of life stories for elderly European post-war immigrants living in a regional residential aged care setting, as they decided whether to participate in a pilot Life Story Program. The purpose of the study was to describe and interpret the meaning of the phenomena of life stories and the prospect of telling their stories to others. Four participants were chosen for the study as they contemplated the prospect of documenting their life stories as part the Life Story Program. A series of participant-directed interviews was conducted with each participant to collect their thoughts on the meaning of participating in a Life Program and the importance they place upon sharing their life stories. Reminiscence activities such as The Life Story Program has a useful potential, as the content of resident’s life stories can be used creatively to construct an individual reality within the residential facility. This requires experienced facilitators who have the knowledge and skills to adopt a holistic approach to an individual need which is informed by the individual’s life story to transform this into reality. The study findings offer occupational therapists with the opportunity to utilise and enhance their traditional knowledge base to transform occupational reminiscence through providing occupational opportunity and adaptation. Occupational therapy is well situated with the skills needed to transform autobiographical narratives into reality, as it focuses upon identifying and transforming individual wants into purposeful activities of individual meaning.

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## Presentation Format and Preferred Length:
- **Paper** (45 mins including 10 mins questions)
- **Workshop** (1.5 hours total) – *Please indicate maximum participant numbers*
- **Poster** (5 min including 2 min question time)

### Paper

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<th>Relevant practice areas and topic areas in relation to the conference topic areas</th>
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<td>Enhancing self identity and wellbeing in aged care</td>
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<td>Occupation of reminiscence</td>
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