

LifeBio captures life stories in senior living and health care organizations. LifeBio is an evidence-based approach that reduces loneliness while increasing **social connectedness**, feelings of happiness, and overall **wellbeing**. Staff members build strong connections when each unique person is more deeply known. LifeBio helps individualize activities, and it supports regulations that require **person-centered care** and personalized **memory care**. LifeBio partners with communities and organizations to use the power of individuals' life stories to improve overall **quality**, health outcomes, relationships, and care.

## TOOLS FOR CAPTURING STORIES

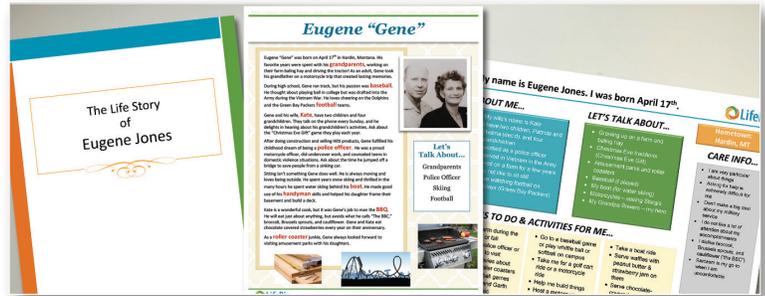
- LifeBio – [www.lifebio.com](http://www.lifebio.com)
- Journals with Guiding Questions
- Phone Interviews for Memory Care

## STORY CREATION



## LIFEBIO'S STORY TEAM DELIVERS DIGITAL/PRINTED:

- Life Story Books – book of stories and memories for each participant, the gift of legacy for the senior and family
- Snapshots – 1-page displayable summary
- Action Plans – behind-the-scenes care planning document



## ENGAGEMENT

LifeBio brings people together with the opportunity to meet 1 on 1 or in small groups to participate in reminiscence activities and classes together.



## CONNECT

LifeBio promotes intergenerational experiences. LifeBio's CONNECT Program trains youth and adult volunteers to interview seniors in one or more sessions. Youth benefit greatly from learning more about history and the joys and challenges of life from older adults. Seniors enjoy sharing wisdom and advice. Books are presented at the end of the CONNECT experience.



## Activities

**LifeBio 101 Classes:** 6-week or 8-week or 12-week reminiscence classes

**What's Your Story? Story Cards:** 100+ conversation starters for ongoing engagement. Great for staff, family, or younger volunteers to use when visiting

**MemoryBio:** Photo-based way to engage 1 on 1 or in small groups for people with dementia and their caregivers (staff or family)

## SERVING ALL AREAS

- Independent Living
- Assisted Living
- Memory Care
- Long Term Care/ Skilled Nursing
- Home Health & Hospice

## ONBOARDING & TRAINING

To make the LifeBio process simple, LifeBio offers Getting Started Training for staff. LifeBio Dementia Care Training is an option that can be provided as well. Staff members are supported by LifeBio's Story Team every step of the way. Our Setup and Permission Form makes it easy to invite new seniors and their family members to participate!



**MyHello is a loneliness intervention that increases social connectedness.**

During this time of increased isolation and loneliness, MyHello can literally be a lifeline to help reach people who are alone and facing stress and anxiety. MyHello is a service of LifeBio, Inc. MyHello can include one, two, or all three of the options below:

### **MyHello – MATCH**

MyHello has the ability to match individuals with other individuals to visit through automated phone calls once a week. Participants in this program are trained on how to connect with reminiscence topics for discussion.

### **MyHello – VISIT**

Professional, trained MyHello personnel make outbound check-in calls once a week with people who are at risk of social isolation/loneliness.

### **MyHello – GROUP**

MyHello moderates group phone calls. These calls cover various topics each week – using the LifeBio Reminiscence Therapy Method and to talk about the past, present, and future too. These can be offered just by phone or through video conferencing as well.

*“This experience has opened my eyes and ears to what is truly important. I can tell I bring a smile to their faces. Reminiscing and reflecting on their life experiences adds joy to both their day and my day,” said Colleen Pollock, a MyHello Certified Guide.*



MyHello Guides are specifically trained to ask proven, research-based, evidence-informed life story questions (using the LifeBio Reminiscence Therapy Method) to open new conversations during one-on-one social engagement visits which may last 15 minutes, 30 minutes, or 60 minutes. Topics of conversation include childhood memories, school or work experiences, family relationships, historical events, hobbies and interests, and beliefs and values. Many times, the calls naturally start with conversations about daily life and how people are doing. Calls are unlike basic check in calls or crisis calls; the goal is natural communication about everyday life.

