

THE COMPLETED LIFE STORY

Your life story can be any shape, size or format – a letter, a handmade book or a longer story. The story might be just for you or you might want to pass it on to family and/or friends. Longer life stories are presented in a spiral bound booklet.

COSTS

There is no charge for the life story facilitator's service but production costs including printing, photocopying and binding are met by you and your family.



Enquiries about the Waiheke Homecare Hospice Life Story Service can be directed to:

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Life Stories





LIFE STORIES

Life stories are selected, highlighted moments in person's life that they wish to explore for their own personal interest and/or to leave behind a record of themselves for their family and friends.

*D. Shepard, D. & L. Candy L.
Life Stories: A Guide,
Mercy Hospice Auckland,
(www.mercyhospice.org.nz)*



LIFE STORIES

Throughout our lives we tell stories about the things that happen to us. When we share those stories we laugh, we sigh, we reflect, we revise and we deepen our understanding of ourselves, the world we have lived in and our place in the continuum.

THE SERVICE

The life story service offers you the opportunity to record and preserve your memories. Guided by an experienced life story facilitator you record, on tape, at your own pace and at a suitable time, the experiences of a lifetime. The oral history recording is then faithfully transcribed by the life story facilitator and forms the text of your life story.

Recording a life story provides you with an opportunity to reflect on your life and to make sense of that life. It allows you to leave behind something of yourself for your loved ones. Every life is unique and precious. When we record our stories we affirm our life experience. Sifting through the memories is a profoundly meditative act that enriches our being. When we attend to individual recollections we discover meanings that are more than we ever realised.

THE RECORDING

The life story recorder will conduct the life story in your home, at a time that is convenient to you. It may take one or several sessions to complete the story. The timeframe and content of each session will be determined by you. Following transcription of the tape, you will be given an opportunity to read, edit and approve the text before it goes to print.

A CARD, A LETTER, A LONGER STORY...

The shape and size of the story can vary according to your requirements. It might be a short story, 3 page life story or a longer 15 page story or anything in between. You may choose to write a card to someone special. Sometimes a parent wishes to write a message to a child. It might be a few words or a longer letter, or a detailed recording of your life.

PHOTOS, POEMS, QUOTATIONS

Your life story can also include family photographs, letters, diary entries, drawings, paintings, a favourite recipe, songs, poetry, spiritual and philosophical quotations.