

# Life Story Project

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## Story Matters

We all love stories, and we all love our own stories even more. In an effort to better residents' engagement and enjoyment of everyday life at Whittier Hills, Abilities Care® ideas were adapted to improve resident's ability to engage in daily tasks. One of the projects involves the use of Life Story Board.

The Life Story Board is designed to involve skilled services, improve nursing-rehab communication and expand from residents' past experiences to current opportunities for care and daily task engagement.

## The Life Story Way

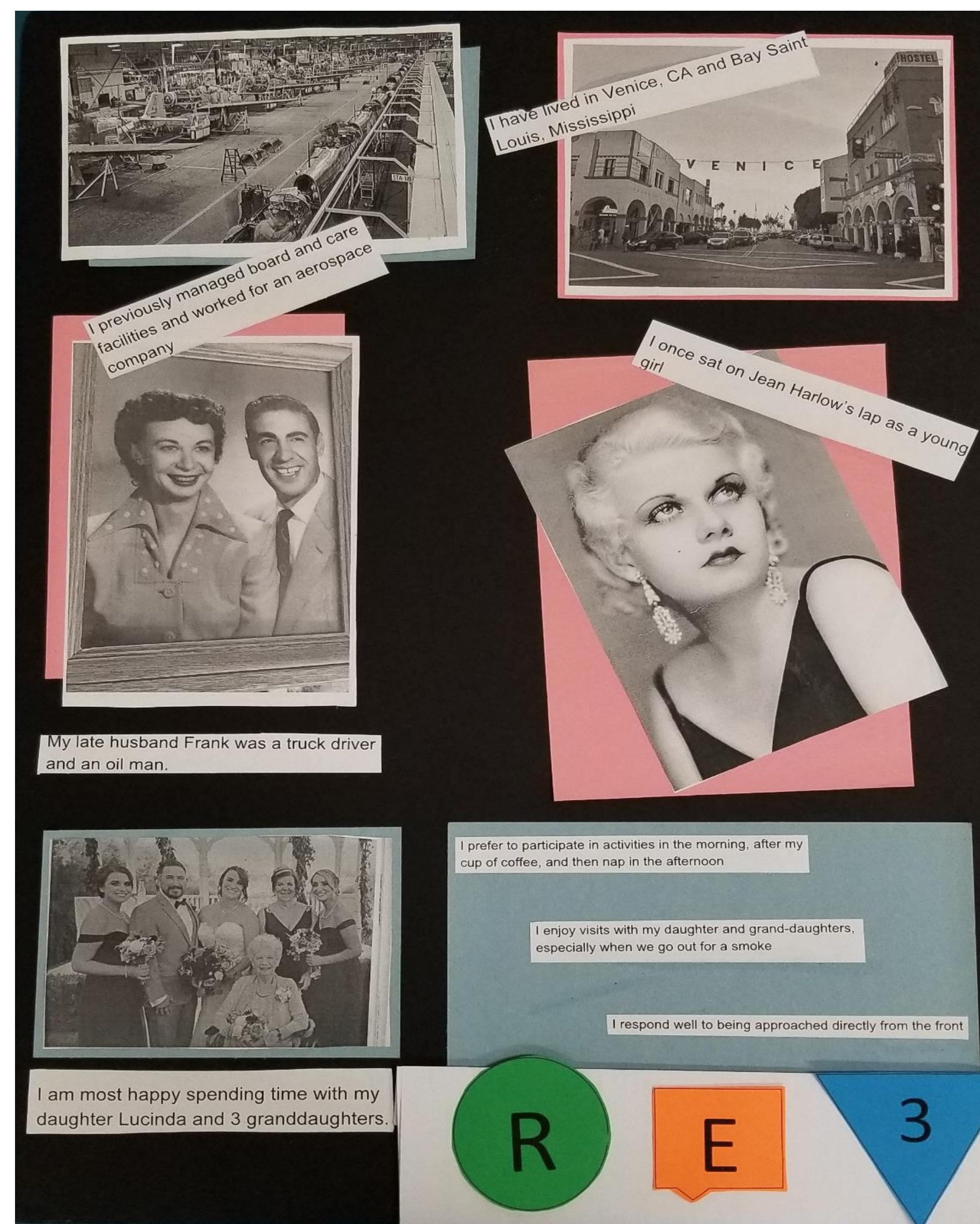
Resident's past life experiences, family members, and interesting memories were re-discovered with therapist using strategies such as reminiscing, recalling, organizing, and active engagement with family members. Through the engagement, therapists also administer Allen Cognitive Level Scale, and analyze patient's functional performances as well as ability to swallow. IDT will follow up based on finding.

## How Stories Are Told

As residents progress through therapy sessions, therapist find and organize information and arrange them on a board.

Pertinent skilled information are organized into simple codes.

Resident's detailed Allen's Cognitive Level Scale information is posted at the back of the Life Story Board to indicate in detail in the level of expected performance, ability, and different strategies that will work well with the resident.



Along with the Life Story Board, education and in-services will be provided to understand how to utilize the Life Story Board. The goal is to improve every team members' ability to know our residents, know what may interest them and how to design tasks and activities that would interest them to improve engagement.

All team members would also have a quick understanding of the resident's performance information, and this will promote proper care such as providing the right food texture or liquid consistencies and help tracking changes in physical performance to inform rehab department to ensure that change of conditions would be addressed as soon as possible.

## Skilled Coded Information

**Circle** is for swallowing ability and has both Letter and Color Coding:

- Green Circle:** Thin Liquid      **R:** Regular texture
- Yellow Circle:** Nectar Thick      **M:** Mechanical Soft texture
- Red Circle:** Honey Thick      **P:** Puree texture

**Blue Triangle:** number indicates Allen Cognitive Score.

- Triangle pointing up is the higher score within the number such as 3.5+
- Triangle pointing down is 3.5-

**Orange Square:**  
**Indicating assist level**

- E:** Extensive Assist
- L:** Limited Assist
- S:** Stand By Assist

