

BOOK OF LIFE DEDICATED



Quality improvement of palliative care for people with dementia and their loved ones

- Books of Life help to illustrate who the person with dementia is and has been.
- What has someone experienced? What is characteristic of that person? What does this person enjoy?
- Keep in mind: people can change...

- Creating a Book of Life doesn't have to be complicated.
- Make the book together with a person with dementia and their loved one.
- There are also 'ready-made' Books of Life that you can use.

Examples of Books of Life

Several examples of Books of Life can be found online. For DEDICATED, we are developing a Book of Life.

Keep an eye on www.dedicatedwerkwijze.nl for updates under the 'materials'-tab.

Remember that...

...the book of life is a tool, but it can't replace personal conversations.

A person is much more than what can fit in a book.



Are you enthusiastic and want to know more about DEDICATED? Visit

<https://dedicatedwerkwijze.nl>

or send an email to info@dedicatedwerkwijze.nl

The making of a DEDICATED Book of Life

*Together, we
create a booklet
where you can
show who you are
and everything you
have experienced in
your life.*

Introduce

Explain the Book of Life to the person with dementia and their loved ones. Do they want to participate? Optionally, show an example.

Who makes the Book of Life with the resident?

This depends on the situation and preferences. Preferably, a trusted person. This can be a loved one, but also a dedicated healthcare professional.

Practical arrangements

Coordinate with your loved one and the care team who will create the life book, who may look at it, and by whom and where it will be kept.

Have a conversation

To be able to fill in the Book of Life, (if possible) have a conversation with the person with dementia. This will help you get to know the person better straight away. For inspiration, also take a look at the conversation aids from DEDICATED (a Conversation Dice and Conversation Cards available at <https://dedicatedwerkwijze.nl/materialen/>).

Use a simple format. Optionally, use (copies of) photos and clippings.

Do not set too many requirements for the book yourself. Everything is acceptable.

Tips

Start the conversation

Use the Book of Life to start a conversation. For example, ask about photos or texts in the book.

In-depth conversations

Learn who someone is and has been through conversations about their life story. The process of creating the book also brings you closer to the resident/client.

Life story in care

Use as a source of inspiration. Connect with someone's interests, history, and character.

LSA: Listen, Summarize, Ask questions,

Listen: show interest, adopt an open attitude.

Summarize: show that you are listening and check that you have understood what someone has said.

Ask Questions: ask further questions to learn more about feelings, thoughts, opinions, etc.

The little things

Small gestures can sometimes have big effects. If you know a resident/client well, you can approach them just a little differently.

Remember that...

... the Book of Life can change, and new things can be added over time.

... the Book of Life is not a substitute for 'real' personal contact. It is a tool.

Always stay curious about who someone is!

