

LIFE REVIEW

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- Variety of programs to promote social engagement and improve psychological well-being among older adults
- Life Review is a potential technique to add to your “tool kit”

BENEFITS OF LIFE REVIEW

- Considers the “life course” of a person
- Helps us to get to know the older adults we work with
- Associated with improved psychological well-being
- Flexible
 - Formally/Informally
 - Group setting, one-on-one, individually (journaling)

LIFE REVIEW QUESTIONS

Childhood

Adolescence

Early
Adulthood

Middle
Adulthood

Late
Adulthood

- <https://legacyproject.org/guides/lifeintquestions.pdf>