

## Create a Life Story Film for your loved ones living with Dementia in care homes

Wednesday 7 October, 2020

It has been over six years since Richmond based charity 'My Life Films' has been making personalised life story films for people living with dementia, helping them and their families cherish memories using photographs and music.

The charity has received funding to produce short biographical films for residents living with dementia in care homes in the London Borough of Richmond Upon Thames.

The short films are around five minutes and summarise the life of a person living with dementia. The films have a voice over, which narrates the life of that person, and while on screen they'll see a slideshow of photographs about their life and hear one of their favourite songs.

We are living in unprecedented times, but the film can be produced without the filmmaker entering the care home. The only contact they will have is with the resident's family who provide all the photographs and information to include in the film. If possible the content can be sent digitally using various sharing tools, if the family prefers.

'My Life Films' short films are not only beneficial to the person living with dementia and their families but they are of great help for carers as well, as a tool to connect with the person they care for. In a study that South West London & St George's Mental Health NHS Trust carried out using our films, the report published in 2019 found:

"The technology increased the carers' knowledge of patients and enhanced the relationship between carers and patients. Carer feedback indicates that the films helped them to deliver person-centered care to residents".

If you have a loved one living with dementia in a care home and you would be interested in having a life story film done for them, please contact [giulia@mylifefilms.org](mailto:giulia@mylifefilms.org).

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