

Development of a training program and manuals/methodology, and provision of training for active aging through life story narration methods for seniors and specialists

Interreg VI-A Latvia–Lithuania Programme 2021–2027
project LL-00059 “Promotion of Active and Healthy Aging” / Active Aging

Program “Life Story or Storytelling” for Seniors

Program Goal: To encourage seniors to recognize the value of their lived experiences and the possibilities for an active future life through the method of storytelling.

Duration: 12 hours

Abstract: The program offers seniors the storytelling method as a form of creative expression. By mastering the program, seniors will reflect on significant events of their lives, review their life course, and learn to see new opportunities within it. The methodology for creating stories is simple and suitable for everyone, regardless of age or educational level. It can be used to create a life story encompassing the entire life journey, a chronicle of a special event, a description of a single day, a memory story about a person, a depiction of an emotionally significant event, and more. Seniors will learn to create stories to describe events they witnessed, express their values and attitudes towards things, preserve testimonies of their time and significant people, and introduce their habits, activities, and interests. They will gain an understanding of how storytelling can promote an active lifestyle – expand communication opportunities, offer forms of creative self-expression, and become the basis for joint activities with grandchildren. They will learn to present their stories to share with others, feel connected to their life, family, and community, and gain enjoyment and satisfaction from their achievements.

Thematic Plan of the Program:

No.	Topic	Hours	Methods	Achievable Results
1.	Is my life engaging? What does an engaging life mean? Is every person's life special and unique? Why? Could my life story be interesting and useful to someone? To whom would I like to entrust it? Could creating a life story be useful for myself? Why might I fail to create a life story? What could help?	2	Conversation, discussion	Seniors have understood the usefulness of creating a life story for them and are interested in it.
2.	How to recall and record memories? What resources can be used to activate memories and encourage storytelling? Graphic organizers as tools to support memory and attention.	2	Interactive lecture, mind map	Seniors have been introduced to practical techniques for activating memory and attention and know how to apply them.
3.	How to create a narrative and arrive at a life story? General principles of narrative creation: sequence, coherence, wholeness, and completeness. Key questions for creating a narrative: for what purpose and audience is the narrative created? What is the focus of the narrative? What is the time period covered by the narrative? Methodological techniques for creating a narrative: how to unfold events over time? how to detail and specify the narrative? how to express attitudes towards events? how to vividly describe places, people, events? how to evaluate what is happening in the narrative and reveal the main idea, moral?	5	Interactive lecture, exercises, presentation of work, self-evaluation	Seniors have mastered the general principles of narrative creation and clarified the key questions of narrative creation. They know the methodological techniques for creating a narrative, can select and use them appropriately for the purpose of the narrative. They have written and presented their life story.

No.	Topic	Hours	Methods	Achievable Results
4.	How to present the narrative to others? Characteristics of oral and written narratives. Technical solutions for preserving the narrative. The narrative as a historical testimony, communication opportunity, artistic product, event element. Presentation of the narrative in person or on social media. Possibilities for obtaining feedback.	3	Interactive lecture, demonstrations, experience exchange	Seniors have gained an understanding of various ways to present a narrative, can choose the appropriate method for specific goals and circumstances.

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