

**Development of Educational Programs and Manuals/Methodologies and Provision of Training on Active Aging, Life Stories, and Storytelling Methods for Seniors and Specialists**

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

**Training program “Life Stories or Storytelling” for Social Workers and Specialists**

**Program Objective:** To facilitate the care of seniors by social workers and specialists and to expand opportunities for active aging using the storytelling method.

**Program Duration:** 12 hours

**Summary:** The program offers social workers and specialists the opportunity to learn a new tool—the storytelling method—adapted for working with seniors. As a result of the program, social workers and specialists will be able to create stories themselves and teach this skill to seniors. The methodology is simple and suitable for everyone, regardless of age or educational level. It can be used to create a life story covering a person's entire life journey, the chronicle of a special event, the description of a single day in life, a memory story about a person, the depiction of an emotionally significant event, and more. By involving seniors in storytelling, social workers can obtain useful information about the significant events in a senior's life, their daily habits, favorite reading materials and activities, and relationships with other people. Through storytelling, seniors can be guided to reflect on the important events of their lives, recognize their value, share their experiences with others, and feel a sense of belonging to their life, family, and community. Program participants will learn how to encourage and motivate seniors to tell their stories, how to use methodological techniques that form the basis of storytelling, how to support seniors in the storytelling process, and how to present or showcase stories so that the authors derive enjoyment and satisfaction from their work.

### Thematic Plan of the Program:

No.	Topic	Hours	Methods	Achievable Results
1.	<p><b>What is storytelling and how to use it in working with seniors?</b>            What is storytelling? Life story in the context of health and social care. In the context of aging. How to use storytelling to support seniors? What can seniors gain from storytelling? Possible obstacles to involving seniors in storytelling and ways to overcome them.</p>	2	Interactive lecture, discussion, analysis of situations	Specialists have gained insight into the storytelling method and its usefulness in the context of active aging. They understand what barriers seniors may have to storytelling and know how to overcome them.
2.	<p><b>How to encourage seniors to tell stories and activate memory and attention?</b>            What resources can be used to trigger memories and encourage storytelling? How to identify guiding motivation and use it to create a narrative? Graphic organizers as memory and attention support tools.</p>	1	Motivation test, mind map	Specialists are familiar with practical techniques for activating the memory and attention of seniors and know how to apply them.
3.	<p><b>How to create a narrative and arrive at your life story?</b>            The general principles of creating a narrative: sequence, connection, totality and completeness. Basic questions for creating a narrative:</p> <ul style="list-style-type: none"> <li>• for what purpose and audience is the narrative created?</li> <li>• what is the focus of the narrative?</li> <li>• what is the time period covered in the narrative?</li> </ul> <p>Methodical techniques for creating a narrative:</p> <ul style="list-style-type: none"> <li>• how to unfold events in time?</li> <li>• how to detail and concretize the narrative?</li> <li>• how to express attitude towards the event?</li> </ul>	5	Interactive lecture, exercises, presentation of works, self-assessment	Specialists have learned the general principles of narrative creation and clarified the basic issues of narrative creation. They are familiar with methodological techniques for creating a narrative, know how to choose and use them according to the purpose of the narrative. They have written and presented their life story.

	<ul style="list-style-type: none"> <li>• how to figuratively describe a place, a person, an event?</li> <li>• how to evaluate what is happening in the narrative and uncover the main idea, the moral?</li> </ul>			
4.	<p><b>How to use a life story and present the story to others?</b>  Peculiarities of oral and written narration. Technical solutions for preserving the narrative. Narrative as historical testimony, communication opportunity, artistic product, event element. Presenting the story in person or on social networks. Options for obtaining feedback.</p>	2	Interactive lecture, demonstrations, exchange of experience	Specialists have gained an idea of the possibilities of using life stories and various possibilities of presenting the narrative, they know how to choose the one that suits specific purposes and circumstances.
5.	<p><b>How to conduct storytelling classes for seniors?</b>  Storytelling program for seniors. Evaluation of the situation in order to adapt the program to the experience, abilities, interests, health status, environment and conditions of the target group. Conducting lessons:</p> <ul style="list-style-type: none"> <li>• how to prepare seniors for classes and provide emotional support?</li> <li>• how to organize the work so that the participants feel good, are interested and work productively?</li> <li>• how to achieve content understanding, facilitate participants' way of thinking and get feedback?</li> <li>• how to evaluate learning outcomes?</li> </ul>	2	Interactive lecture, analysis of situations, reflection	Specialists understand how to prepare seniors to learn storytelling, organize classes and provide participants with emotional and methodical support. They are able to explain the topics of the program in an understandable way and provide support in the implementation of practical tasks, bringing the storytelling to the end result.
	<b>Total:</b>	12		

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