



Nanaimo Community Hospice Our Vision:

At Hospice we believe that dying, caregiving, and grieving are three of life's greatest challenges. Our Vision is that the dying will experience dignity and peace; their caregivers will receive the help they need; and their families and friends will be supported in their grief.

Sharing My Story

Role of Participants

- ❖ To share the stories in your life that you wish to leave as a legacy for your family.
- ❖ Perhaps to read a favourite story or sing a much loved song for your grandchildren.

Role of Facilitators

- ❖ Provide a comfortable, safe, relaxed and organized environment in a place and at a time convenient to the storyteller.
- ❖ Engage in conversation asking gentle questions to prompt recall.
- ❖ Be respectful and sensitive while actively listening and supporting the storyteller.
- ❖ Record the stories, memories or songs and arrange to have all the recordings transferred to a CD.

Note: Facilitators are trained hospice volunteers.

*Thank You
for supporting Hospice!
The generosity of our
community enables us to offer
our support and programs at
no cost to the participants*

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Hospice Society**
(A United Way Agency)

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Sharing My Story



NANAIMO COMMUNITY
HOSPICE

Caring • Commitment • Compassion

Sharing My Story

A program to assist individuals to record stories from their life to leave as a legacy for their families. Over the years, hospice volunteers have heard many interesting life stories from the people they have served. This program grew from an idea of one of these volunteers.



Who can participate?

Any person in long term care or palliative care, either in the community or on the Palliative Care Unit in Nanaimo Regional General Hospital, can participate. To register yourself or your family member please contact Nanaimo Community Hospice at 250 758 8857.

Where does this take place?

In a place of the storyteller's choice whether that be home, in hospital or a community care facility.

How does it work?

A specially trained Hospice Volunteer gives you an opportunity to share personal stories. The volunteer will ask questions designed to encourage memories. If necessary the volunteer will return 2 or 3 times to ensure that the full story is recorded in a relaxed and non-hurried manner.

Some possible topics are:

- ❖ Family background
- ❖ School years
- ❖ Jobs
- ❖ Friends
- ❖ Family life
- ❖ Personal challenges and successes
- ❖ Hobbies

*Thank You To
The Ladies Auxiliary
Royal Canadian
Legion Lantzville #257
for their generous support of this
program in loving memory of long
time Auxiliary member June Jackson.*

As suggested in *Keeping Family Stories Alive* by Vera Rosenbluth:

- ❖ Sometimes it is not until a family member passes on that we realize just how little we know about our family history and stories.
- ❖ It's an activity that has incalculable benefits for the person who tells the stories of his or her life, as well as for the person who hears them.
- ❖ Capturing stories honours the story teller and their experiences.

TESTIMONIAL

From a participant

“It is so wonderful to hear him laughing on the CD. Yes, it makes me cry, because I miss him, but I am so happy to have this wonderful reminder of our time together.”