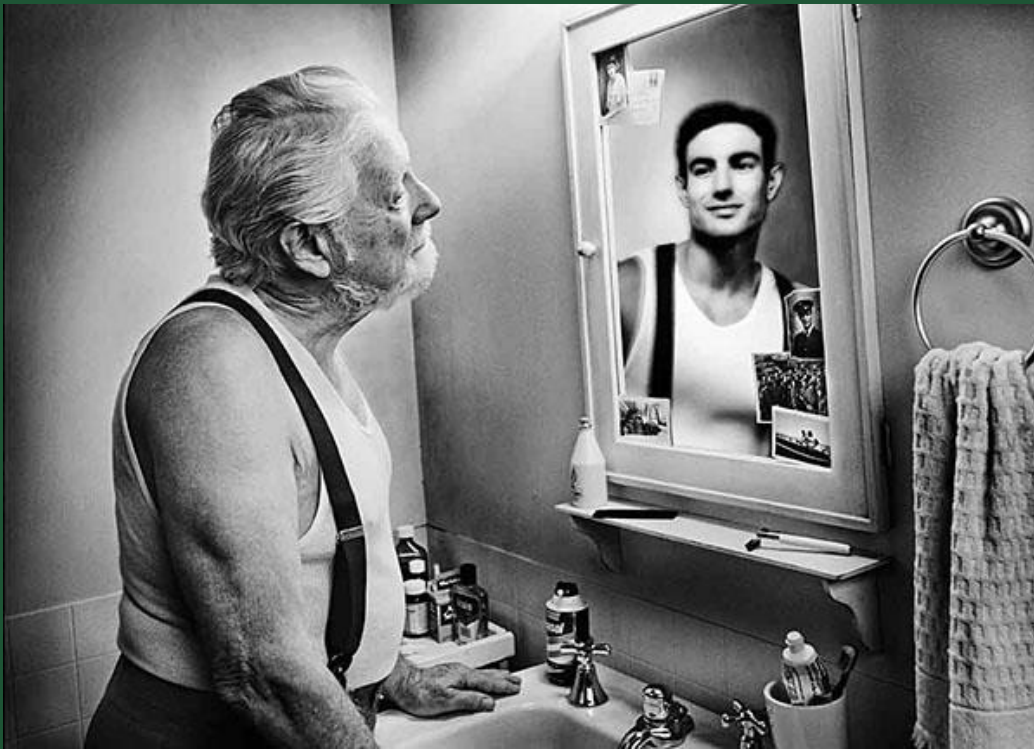


Fortæl for Livet – to remember together



Fortæll for Livet

- Oral life stories with elderly people
- 4-6 participants
- 1,5 our meetings once a week for 10 weeks
- Taking place in a secluded, peaceful and accessible room
- The conversation is guided by a group leader, interviewing the participants about their lives

The conversation

- The stories center around a life theme
- The theme is decided together in the group
- Childhood home, first car, latest boy/girlfriend, turning points and milestones
- One narrator talks at a time
- The group leader control and direct the conversation, asking questions that seeks to unfold the meaning in the story.
- The other participants listens.
- When one narrator is done telling the story, another will take over

The rules

- Confidentiality
- One person speaks at a time. No interruptions
- Comments and questions are welcome. Have to be respectful
- We only tell stories we want to talk about
- The narrator is the expert on his or hers own life and story
- Everyone should have the opportunity to tell a story in each meeting

The goals

- To enjoy telling and listening to important stories from long lives
- To offer old people an opportunity to reconnect with the stories of their lives in a social setting
- To offer an intellectual and personal activity.
 - Not: gymnastics, knitting ect.
- To stimulate relations between the participants. Thereby preventing loneliness
- To prevent narrative loneliness

Narrative loneliness

- A social and existential situation where the people who have witnessed ones life no longer is there to remember the stories from it.
- Loss of parents, friends, siblings, spouses, children.
- To be alone with your life stories.

“When my siblings have died to. It feels like I'm about to evaporate or something like that. Because nobody can remember the life i have lived. I cant talk to anyone about it.”

“We crumble as my sister says. The system treats me well. I get physiotherapy and I go to gymnastics and I meet some wonderful people. But I do not become friends with anyone any longer. The older you are the more important it is to have someone to remember life with.”

Experiences and benefits

Personal level

- Liberating
- Enjoyable
- Meaningful
- Confirmation and strengthening of sense of self
- (Therapeutic)

Social level

- Renewed interest in social life
- New relations
- Reinforced prior relations
- (Reducing loneliness)

"We enjoy each others company and we know one another better now. We trust each other so we dare to tell our stories. It means a lot. We have had a great group"

"It has changed the way I feel when I walk around in this neighborhood. It feels like "someone is on your side". A sense of safety knowing that."

"It hasn't stirred up something in a way that made me angry. But it stirred up something that make me want to ask my children how they experienced things back then."



Life stories - how are they told?

Is remembering fundamentally an individual venture?

