



## **LOVE PRINT - a life review production service for community dwelling elderly**

Psy-Connection Award 2017-2018

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### **Objectives**

- (1) Deliver life review service as a form of low-intensity intervention to community dwelling elderly promoting their psychological wellbeing
- (2) Consolidate and print the life review into a book with photos attached for users' collection and review
- (3) Operationalize the production service, from interview to the design and logistics involved with printing, in preparation of future expansion of service among community centres

### **Target Group**

Community dwelling elderly without clinically significant psychological distress

### **Background**

#### Psychological wellbeing of elderly

The WHO active ageing policy framework (WHO, 2002) regarded psychological wellbeing, in particular self-efficacy, preparedness towards crises such as bereavement or onset of illness, and presence of mental illness, as associating with successful and active ageing.

The population size of those age 60 or above is projected to be 2.7 million or 31% of the total population in Hong Kong (Census and Statistics Department, 2002). With increasing risk of ageing on having chronic illness (Niccoli & Patridge, 2012) and a well-known association between chronic medical conditions and depression (e.g. Wong et al., 2005; Wong et al., 2006a; Wong et al. 2006b, Lee, Chiu, Kowk, & Leung, 1993; Schultz, 2007), promoting psychological wellbeing in the elderly population has its necessity.

#### Life review and its theoretical background

Life review, a reminiscence of past significant events, was first discussed as a possible intervention by Butler (1963, 1974) in the perspective of Erikson's (1959) theory of life stages as a mean to achieve ego identity.

The therapeutic mechanism of life review was further understood in the construct of overgeneral autobiographical memories. Autobiographical memory was proposed to be in hierarchical structure, with general description first accessed before tapping into specific event descriptions (Reiser, Black, &

Abelson, 1985; see review by Rubin, 1996). Studies revealed that depressed individuals often have difficulties producing specific autobiographical memories (Williams & Scott, 1988), a characteristic also found in older adults (Winthorpe & Rabbitt, 1988).

Seeing that overgeneral memory could be open to change via other forms of intervention (William, Teasdale, Segal & Soulsby, 2000; Watkins, Teasdale & Williams, 2000), Serrano et al. (2004) built on the previous developments of life review as a therapy (Haight & Dias, 1992; Birren & Birren, 1996) to formulate a protocol of life review for promoting psychological wellbeing via encouraging participants to recall significant and meaningful personal events in specific details.

In various studies with controlled trials, life review was found to be relieving older adults' depressive symptoms (Serrano et al., 2004; Korte et al., 2012), bringing improvements to clinical depression (Serrano et al., 2012), and enhancing life satisfaction in those who had cerebral vascular accidents (Davis, 2004). An earlier meta analysis suggested that life review is potentially an effective treatment, especially to non-institutionalized elderly people (Bohlmeijer, Smit, & Cuijpers, 2003).

#### Existing service in Hong Kong and its outlook

Life review service has been provided by some of the major institutes and organizations in Hong Kong, including Tung Wah Group of Hospitals, Senior Citizen Home Safety Association, Sheng Kung Hui Holy Carpenter Church, Caritas Hong Kong, the Evangelical Lutheran Church of Hong Kong, etc. Service is usually provided by social workers, project officers or trained volunteers.

Among them, some of them charge their users for as much as \$800 for a life review service with book printing, while others operate under government or charity funding. Sheng Kung Hui Holy Carpenter Church's end-of-life care service team with free life review service with book printing has 12 years history but will cease to operate soon due to unavailability of funding.

In view of the service gap in providing affordable life review service, LOVE PRINT will pilot its service with the funding from PSY-connection award before further developing itself into a streamlined service affordable to different users and service workers.

### **Implementation**

#### Preparation Phase

Overseas evidence-based protocols will be adapted into the Hong Kong context by reviewing the current practices of life review service in various service providers. Assessment tools for screening and outcome measurement purposes will be researched upon.

Different community centres will be contacted for service arrangements and recruitment of participants. External designer will be hired on the first prototype of a life review book.

#### Implementation Phase

Interviews will start with asking participants' signed consent in voice recording for production and the use of their data for the service. A screening questionnaire will follow to exclude participants in clinically significant distress. They were excluded given this service could not provide psychotherapy if they were in need or if intense emotion was stirred up during the process. In such cases, their service workers would be notified for follow up.

The life review service protocol developed in the preparation phase will be used afterwards for conducting the rest of the interview. The whole process will take 1.5 to 2 hours. Additional time might be needed for handling the photo submission or for photo taking if the participants opt for taking new pictures for the book in the interview.

The life review book will consist of 15-20 pages of transcribed content of the interview with photos relevant to such content that the participants submitted. It might also include photos shot in the interview or recent photos of participation in the community centres. The book also leaves a few blank pages with slots for inserting new photos encouraging the participants to continue capture significant and happy moments in their life, with a line of instruction inviting them to write down the incidents.

Participants will receive their life review book 2 weeks later via their corresponding service workers.

This project will service one to two participants per week given it is quite time-consuming for the interviewing and manual production of the book. This project targets to serve 25 participants in total.

### Review Phase

The interview protocol and the book design will undergo revisions upon feedback from participants, service workers, and the evaluation of our team. A brief follow-up questionnaire will also be distributed to the participants 3 months after the distribution of book, for collecting the behavioural information on the use and further editing of the book, and monitoring the changes of their psychological wellbeing during the same period. During this phase, operation procedure of the service will also be evaluated and streamlined.

### **Timeline**

<b>Month</b>	<b>Tasks</b>
May 2018	<ul style="list-style-type: none"> <li>Adaptation of protocol: review of literature and current practices</li> <li>Research and select assessment tools</li> <li>Approach community centres</li> </ul>
July 2018	<ul style="list-style-type: none"> <li>Recruitment in community centres</li> <li>Work with designer on book design</li> </ul>
Aug 2018 - Feb 2019	<ul style="list-style-type: none"> <li>Interview participants</li> <li>Print life review books for them</li> <li>Collect feedback from participants and service workers</li> <li>Review and revise interview protocol and production workflow</li> </ul>

### **Budget**

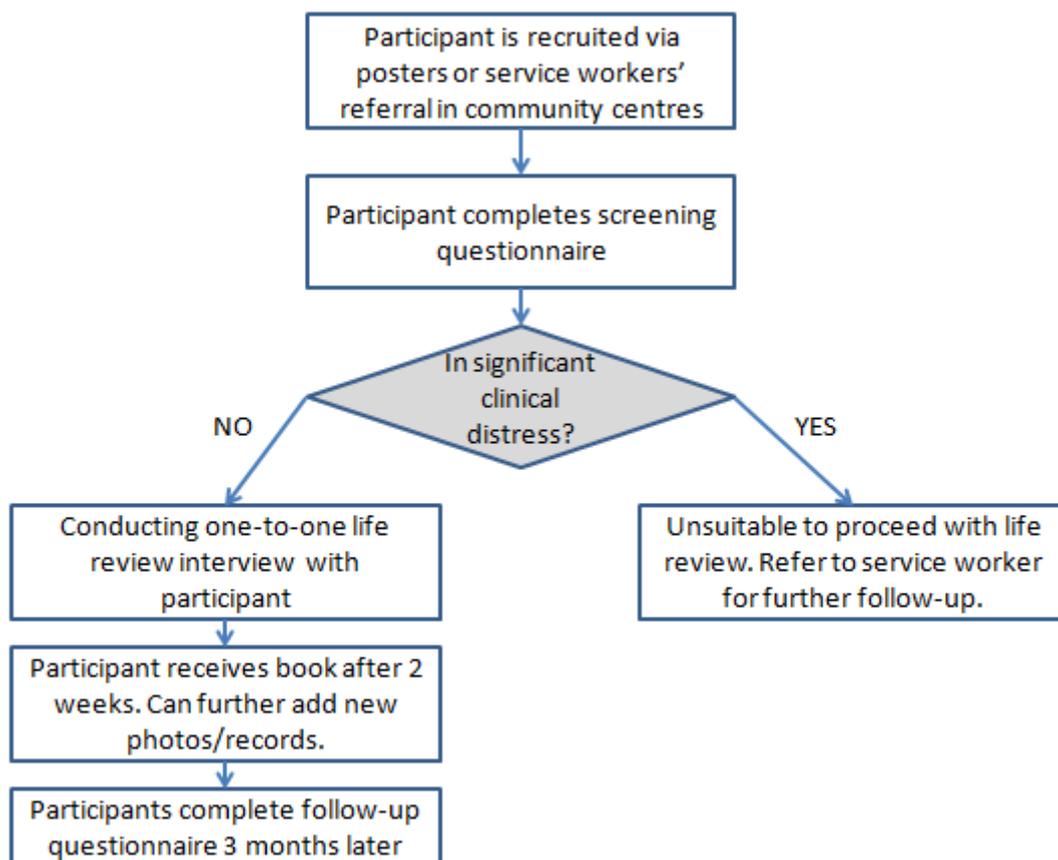
<b>Item</b>	<b>Unit Price (HKD)</b>	<b>Quantity</b>	<b>Amount (HKD)</b>
Travel Expense	18	25	450
Book Printing	80	25	2000
Photo Printing	20	25	500
Book Design	2000	1	2000
Miscellaneous (stationery, recruitment poster printing)	50	1	50
		<b>Total</b>	<b>5000</b>

### Appendix (I) - Team Members

Edmund LO is currently pursuing MSSc in Clinical Psychology. Besides having placements in which he, under supervision, conducts assessment and therapy with population who are clinically distressed, he is also delivering a programme on improving medical adherence towards people with diabetes in various community settings.

Grace WONG is currently pursuing MSSc in Social Work and has completed BSc in Psychology in CUHK. Prior to current study, as a project officer in different NGOs, she has participated in end-of-life counselling support, life review service, and life and death education. She has established connections with community centres and end-of-life care industry players.

### Appendix (II) – Diagram of participant’s experience



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