

Table 4. Summary of the benefits and effects of life-story work in dementia care.

Author, year	Outcome for person with dementia	Effect of Life Story Book to the relatives/ caregiver/ care staff	Enhance communication
[33]	Enhance quantity and quality of verbal interaction among the person with dementia. Positive effect on the self-integration, sociability, quality of life and raise the sense of well-being and self-esteem among the participant were also reported.	The staff reported increase in motivation in delivering the care and participate with more interactive communication.	Improvement in communication on both the quantity and quality of the conversation were observed. Increased social engagement and interaction among participants and the carer staff during one-to-one or group activities were reported in most of the papers evaluated.
[10]	Positive outcomes on the well-being, autobiographical memory, mood, communication, cognition compared to the control group. Life Story Work also support person-hood and promote	One of the studies reported that caregiver rated significant improvement on their mood, decreased burden and behaviour problems.	One of the studies reported enhancement in communication among persons with dementia. However, the study lacks details on the type of the interaction and

	recognising person with dementia as a unique individual. Reduction in depression, disorientation, fear and anxiety were also reported.		conversation between persons with dementia and their caregivers/staff.
[14]	NI	NI	NI
[13]	Outcomes reported in this review include the positive improvement on cognition, autobiographical memory, depression, positive mood, communication and quality of life compared to the control group.	Staff and relatives able to stimulate and provoke memories and better in overcoming the behaviour; Care satisfaction by the relative; Enhanced understanding of the person with dementia regarding the family, jobs and interest; Life Story Book promotes point of reference to communicate to the staff.	One study reported that Life Story Book facilitates communication among persons with dementia and the staff after the intervention given.
[30]	Significant improvement reported on autobiographical memory, cognitive	Care staff and relative view the value of Life Story Book in improving the relationships,	Significant improvements in communication and social

	<p>functioning, mood, depression, quality of life, quality of the relationships, communication between the caregiver and person with dementia.</p> <p>One of the studies reported no significant improvement on independence, memory and behaviour problems [34].</p>	<p>partner affirmation, engagement, fullness of life as a couple, enhance social interaction and communication.</p>	<p>interaction among persons with dementia and informal caregivers were observed, in both quantitative and qualitative papers studied.</p>
[31]	<p>This review identified three main outcomes for person with dementia;</p> <p>Increased self-worth; increase their (sense of control/power, self-affirmation and pride).</p>	<p>For carers and staff, the review outlined several outcomes;</p> <p>Life Story Work improve relationships between the care staff and person with dementia by them</p>	<p>Five out of eight studies evaluated showed increase in communication skills among persons with dementia and carers or staff.</p>

	<p>Life Story Work positively affects a range of psycho-social individual outcomes.</p> <ul style="list-style-type: none"> - reduce anxiety, depression, agitation, mood, negative behaviour <p>Improve relationships between staff and the person with dementia – enhance interaction and communication.</p> <p>Life Story Work leads to better care by facilitate more person-centred care.</p>	<p>understand and get to know the person with dementia current actions and behaviour.</p> <p>Allows more effective engagement of family members/cares within the care setting.</p> <p>Improved recognition and empowerment of family and carers that enable more meaningful involvement in care planning and delivery.</p> <p>Life Story Work helps carers to cope better by changing the appraisal of person with dementia with their current situation.</p>	
[32]	This review identified overarching themes;	Maintaining identity	The paper reports that the Life Story Book facilitates communication and

	<p>Maintaining identity</p> <ul style="list-style-type: none"> - Promote self of sense, value and pride - Enhance and maintain dignity and identity - Reinforce self-esteem <p>Building and maintaining relationship</p> <ul style="list-style-type: none"> - Life Story Work aided the communication, conversation and lead to quality interactions - Life Story Book used as a prompt for communication for severe cognitive impairment case 	<ul style="list-style-type: none"> - Enable staff and family to know and understand the person with dementia as a whole person - greater understanding leads to better approach by the care staff - Help carers/staff to organise activities that suit the interest of the person with dementia <p>Building and maintaining relationship</p> <ul style="list-style-type: none"> - Life Story Work improve relationships between person with dementia, family and care staff as a result from quality of communication between them 	<p>stimulates interaction between persons with dementia, family members, residents and staff.</p>
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NI = No info