



The process

Your memories are recorded by a volunteer member of the Living Legacies team by voice recording, edited and then published and bound into a book or converted to an audio playback file and given to you or, if you wish, your whānau.

How long will it take?

- + The biography can be completed within 6 visits.
- + At each visit the information recorded will be checked with you to make sure it is accurate.
- + Your visit will be planned to meet your needs and can be re-scheduled if you are feeling unwell or tired.

What control do I have?

- + You have full control over the information recorded and how it is presented.
- + At each stage you are able to check the information to make sure it is accurate.

*Memories are the
loveliest things:*

They last from day to day,

They can't get lost,

They can't wear out,

*And they can never be
taken away.*



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Living Legacies

*Biography service for patients and
their whānau*



The why

The Living Legacies biography service offers you the opportunity to record your memories and aspects of your life — in other words, to tell your story.

Why might I want to tell my story?

At this time in your life you might be looking back over the years, perhaps reviewing it all. You might be reflecting on what was, what might have been or what it was all about. You may look back satisfied and contented with a life well lived.

For some people they may feel their life has been simple and of little value; for example a woman who has devoted her life to bringing up children and supporting her husbands' work, or a man who has worked all his life in labouring jobs.

When they see their story written down with experience and achievements they begin to feel a sense of pride and satisfaction.

Once completed and presented to you, your story will be a treasured legacy for your whānau.

The what

Your biography may be about your childhood, your whānau, your achievements, the ups and downs of life, or an opportunity to say something special to whānau members or friends. It could be a time to forgive, to say sorry, or to just say goodbye.

Some people may not consider their own lives to have been particularly interesting, but your life is special to your whānau and therefore unique.

What if I don't want a full biography?

There are other options; one is "my gift of memories to you." This book is filled with lots of questions that can be completed by you or with whānau and friends.

A 'snapshot' of those special moments or times can be recorded and presented.

Another option is to make a memory scrapbook or box which is filled with photos and memories, or write letters to loved ones for now or for the future.

We can help you. We will find out what best suits you at the time and assist you to complete this.

The details

A biography is your story and the following are things and ideas to consider including:

- + Your date and place of birth
- + Your parents, how they met and worked
- + Your whānau members and extended whānau
- + Childhood memories — what it was like growing up, where you lived, holidays, pets, etc.
- + School day memories and experiences
- + The teenage years — fashions, places you went, the first car, your first kiss, the sorts of things you did on the weekend.
- + Young adult years — leaving school, training or further study, your first job.
- + Your places of work
- + How you met your partner, your wedding day and married life together, your children and whānau.
- + Hobbies and sporting achievements
- + Looking back — other achievements, best times, worst times, friends, advice for the future.
- + Final thoughts to finish your story.

