



# BIOGRAPHY/ LIFE REFLECTION SERVICE

Otago Community Hospice | PO Box 8002  
293 North Road, Dunedin, New Zealand  
Tel: 03 473 6005 | Fax: 03 473 6015  
[reception@otagohospice.co.nz](mailto:reception@otagohospice.co.nz)

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# the service

The Otago Community Hospice's biography service is a confidential and free life-reflection service that is available to all patients on our programme.

You are invited to tell memories of your life to our trained biographers who will then turn it into a book of your life story.

It is a wonderful opportunity to:

- Reflect on your life.
- Create a tangible record of your memories and stories for yourself, your family...even future family.
- Enrich your family with the special stories of your past.
- Pass on information about your family that would otherwise be lost.
- Tell your story and leave your mark on this landscape!



## CONFIDENTIALITY:

The service is strictly confidential and you sign a consent form before the commencement of the biography service.

## HOW DOES IT WORK?

One of our volunteer biographers will sit down with you at a time that is convenient and listen to your life story.

They record the conversation and then our transcribers write it all up. Once the biographer has the first draft you meet up again and chat about any changes or additions. We can scan photos or documents that you would like included.

Once you are happy with the story we print and bind it in booklet form.

## WHAT SHOULD I TALK ABOUT?

- Anything you like. It is entirely up to YOU!
- It can be as long or short as you like.
- You can halt the process at any time; just let the biographer know your wishes.



## SOME IDEAS:

CHILDHOOD    HOBBIES    YOUR PARENTS  
SIBLINGS    WORKING LIFE    PASSIONS  
TRAVEL    STUDY    SPORT    'LOVE OF YOUR LIFE'  
FRIENDS    LIFE LESSONS    ACHIEVEMENTS



## WHO TO CONTACT:

- CARE CO-ORDINATORS
  - SOCIAL WORKER
  - COUNSELLOR
  - ANY OTHER HOSPICE STAFF MEMBER
- PHONE 03 4736005