



## CENTER FOR INNOVATION AND WELLBEING

### LifeBio Case Study



### Capturing cherished memories and lasting legacies.

Research has demonstrated the value of storytelling, reminiscing and sharing life stories as [powerful vehicles](#) for meaningful connections with others, reducing social isolation and loneliness, and improving quality of care..

[LifeBio](#) is an engagement program that uses technologies like tablets, web cams, smart phones and audio and video equipment to help individuals tell

and document their life stories in a unique, easy way. Founded by Beth Sanders, the concept of LifeBio started when she recorded a 90-minute interview with her grandmother in 1993 and learned about her grandmother's parents and grandparents, where her grandmother had grown up, her beliefs, and her values. Beth gained a new perspective of her grandmother not just as someone who lived down the street and baked her cookies as a child, but rather as a whole, unique person.

Numerous studies initiated by LifeBio and others indicate that capturing life stories together with the benefit of new technology, leads to feelings of purpose and overall wellbeing among older adults. Studies found...

- An increase in happiness levels and satisfaction with life after participants were engaged in answering LifeBio's 20 biographical questions in the Life Story Guide
- An improvement in resident/staff relations
- A reduction in geriatric depression
- A decrease in resident disorientation
- An improvement in social interaction
- An increased sense of purpose and meaning

Since launching in 2000, LifeBio has helped 20,000 people tell their life stories through autobiographical tools and services for all levels of care. LifeBio is actively used in Front Porch communities including [Casa de Mañana](#), [Claremont Manor](#), [Sunny View](#), [Walnut Village](#), and [Wesley Palms Summer House](#). FPCIW continues to work with LifeBio to test and pilot new solutions such as its [LifeBio Studio](#) app and integration with the [It's Never 2 Late](#) platform.

[Read about Walnut Village resident's Lifebio experience.](#)

### **About the Front Porch Center for Innovation and Wellbeing**

The Front Porch Center for Innovation and Wellbeing is part of Front Porch®, one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possible® commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. The Front Porch Center is the winner of the Bronze Award for the Dignity category in the 2015 McKnight's Technology Awards and the Aging 2.0 Pilot Pioneers 2015 Innovation Award. More information can be found at [www.fpciw.org](http://www.fpciw.org).

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