**Create a Life Story Film for your loved ones living with Dementia in care homes**

It has been over six years since Richmond based charity ‘My Life Films’ has been making personalised life story films for people living with dementia, helping them and their families cherish memories using photographs and music.

The charity has received funding to produce short biographical films for residents living with dementia in care homes in the London Borough of Richmond Upon Thames.

The short films are around five minutes and summarise the life of a person living with dementia. The films have a voice over, which narrates the life of that person, and while on screen they'll see a slideshow of photographs about their life and hear one of their favourite songs.

We are living in unprecedented times, but the film can be produced without the filmmaker entering the care home. The only contact they we will have is with the resident’s family who provide all the photographs and information to include in the film. If possible the content can be sent digitally using various sharing tools, if the family prefers.

‘My Life Films’ short films are not only beneficial to the person living with dementia and their families but they are of great help for carers as well, as a tool to connect with the person they care for. In a study that South West London & St George’s Mental Health NHS Trust carried out using our films, the report published in 2019 found:

“The technology increased the carers’ knowledge of patients and enhanced the relationship between carers and patients. Carer feedback indicates that the films helped them to deliver person-centered care to residents”.

If you have a loved one living with dementia in a care home and you would be interested in having a life story film done for them, please contact [giulia@mylifefilms.org](mailto:giulia@mylifefilms.org).

**Extra Information**

My Life Films is a charity registered in England and Wales. It was founded in 2014 by a London-based TV Producer and his journalist wife working with dementia and healthcare specialists to devise the core My Life Films service. My Life Films uses filmmaking to improve the lives of people affected by dementia. Our vision is a world where people with dementia aren’t defined by their illness.

Over the last six years, we have created personalised films that capture the life stories of people with dementia, giving them a lasting form of reminiscence therapy and a way for care workers to get to know them quickly. Our filmmaking process brings together family and friends to share stories and the films give them a lasting memory of the person for generations to come.

In 2016 the charity won Charity start -up of the year & Dementia Care Product of the Year.

Contact details:

[Charlotte@mylifefilms.org](mailto:Charlotte@mylifefilms.org) 07887 645799 or [Giulia@mylifefilms.org](mailto:Giulia@mylifefilms.org) 07741455184