

Legacy Participant Notebook

A tool to help families choose and create a personal
Legacy.

INTRODUCTION TO LEGACY

Leaving behind a Legacy can be one of the most valuable gifts you can give your loved ones. What may be a surprise to you is how valuable this process can be for you.

Looking back and sharing special memories can be both entertaining and rewarding. It can help you appreciate the richness of your life, the people that have been important to you, and the experiences that have influenced you. You will be creating something tangible and uniquely yours- the story of your life, the way you want to tell it. You can choose to through pictures or a scrapbook.

Our purpose, as part of the Legacy project team, is to help you and your loved one decide on a Legacy project that is unique to your family and helps tell your life story as you want it to be told. Before we begin, let's discuss what we will be doing over the next couple of visits to your home.

Overview of Visits 2, 3, and 4 to Your Home

- **Session 1** (When Legacy is introduced):

At this time, the Legacy staff member who will be working with you throughout the Legacy activities will help you develop a more in depth plan for the project. You will be introduced to the Problem Solving techniques mentioned above and will be guided through the Problem Solving Steps 1-4a, in order to decide on a Legacy activity that is best for you and your family.

- **Session 2** (Review Session):

During this visit, you will be working on the Legacy activity and, thus, engaging in Step 4b of the Problem Solving Skills. All materials should have been gathered after the last Session (pictures, recipes, stories from other family members), and progress should be made on the activity.

- **Session 3** (Review Session):

This is the last visit with the research staff member who has been helping you with the Legacy activity. During this visit you will be encouraged to show off your Personal Legacy, and will be discussing your feelings about the process. This visit will conclude with Problem Solving Skills steps 5 and 6, which evaluate the success of the project and discuss what you have learned as well as other possible Legacies you may want to complete in the future.

To help the two of you decide on one project, we will use the method of Problem Solving.

Introduction of Problem Solving Skills

Problem Solving simply means a system of being organized when you are looking for solutions to a difficult situation. It is finding answers to problems in a step-by-step fashion. Don't let this term frighten you. Problem solving is something you already do every day. However, it is a skill that is learned and that means that it is a skill that can be improved upon.

This is one of the major goals of our project- Helping you, as a family, use problem solving skills to construct a personal Legacy.

Problem Solving just gives you a structure or outline in which to:

1. Clearly state what the problem is (choosing a Legacy project and making a Legacy)
2. Name possible solutions to the problem (Legacy activity content areas and projects)
3. Weigh the Pro's and Con's of different Legacy activities (time-limited idea generation and evaluation)
4. Choose and Implement a Solution (narrow down to one Legacy activity and make it!)
 - a. Choose a Solution
 - b. Implement the Solution
5. Evaluate the Success of your Choice (what do you like/ have you gained from this Legacy?)
6. Use what you have learned (if this activity worked for you, KEEP IT UP WITH OTHER LEGACIES)

We plan to help you use the Problem Solving Skills above to decide on a Legacy project, construct this Legacy project, and evaluate your experiences with the Legacy project.

3. I would like people to remember these things about me...

4. The ideas, books, music, and poems that have most influenced my life are...

Note to the Caregiver/Family Member:

When you and your loved one are trying to decide on a Legacy activity it will be important for you to give your input as well. Tell your loved one which things you would most like to have from them, in the form of a Legacy.

For example, if your mother's wedding pictures are high on your list of things you want to be included in this Legacy project, now is the time to let your loved one know that.

5. My favorite memories of times with my loved one are...

6. The things I most want to remember about my loved one are...

7. The lessons/values I have learned or most associate with my loved one are...

**Narrowing the Focus
For the *Content* of your Legacy**

Hopefully, after discussing the reflection questions aloud with the research staff and your loved one, you are beginning to get some ideas as to what is important to you as a family and should be included in your Legacy.

TIPS for Legacy Activities:

Below are several ideas (and tips for using these ideas) for you and your loved one to consider.

- **SCRAPBOOK OR PHOTO ALBUM**

1. Select a Photo Album or Scrapbook that matches your personal style.
2. Decide on a theme for your scrapbook/album. Do you want this to be of a certain event or time frame in your life or do you want it to be a selection of pictures, etc. from a longer time range? Do you want to include names, dates, poems, or songs (Scrapbook) or do you want this to be an album of pictures only?
3. Gather all of the photos, ticket stubs, and anything else you want to include in your scrapbook/photo album before beginning the project.
4. Decide on an order. Do you want things to be chronological? Do you want there to be different sections for different members of your family? Do you want to tell a story with your pictures and scraps?
5. Try to locate names and dates of individuals in the photos, (if you choose to include them) so that there can be as much detail as possible.
6. Think about any materials you will need and gather them ahead of time. For example, Construction paper, markers, pens, tape, etc. The Legacy project staff will help you with these materials.

The possibilities for your Legacy project are endless. Spend some time discussing with your family members what kind of Legacy they would like to receive from you, and let them know what you would like to leave for them.

Look through the list of ideas you came up with during the Brainstorming activity and eliminate any ideas that are unacceptable for either one of you.

With the help of the case worker and the Problem Solving Skills, you will be able to decide on a Legacy Project that will be meaningful for both you and your family.

Problem Solving Step 3. Pro's and Con's of Legacy Activities

By now you have generated a list of potential Legacy activities and eliminated any that are unacceptable to one of you.

Now let's use the space below to list Pro's and Con's for the ideas you are considering.

IDEA #1:

PRO'S:

CON'S:

IDEA #2:

PRO'S:

CON'S:

IDEA #3:

PRO'S:

CON'S:

Problem Solving Step 4a. Choosing a Legacy Project

Now all you have left to do is to choose one project from the ideas discussed above. Using the list of Pro's and Con's that you came up with, talk about each idea, and choose the project that feels best for you as a family.

The idea we have decided on for our family Legacy:

Our Plan and Goals for next week:

Remember to complete the Treatment Enactment Form between sessions to track your progress.

SESSION 2: Constructing Your Personal Legacy

- Goal 1. Have all materials necessary for constructing your Personal Legacy.
- Goal 2. If you have not already done so, begin working on your Legacy activity.

Problem Solving: Step 4b. Implementing the Legacy Activity you chose.

The majority of this week's home visit will be spent putting together the Legacy project.

Are all materials ready?

Did you have any trouble obtaining these materials?

Are there things that you did not understand or that did not feel right about last week's session?

If you are ready to work on the project we decided on last week lets get started!

If not...

Why don't we review the Problem Solving steps in the workbook this week and see if we can decide on a Legacy activity that will be a better fit for you as a family. Let's get started.

Finding A Legacy Project that fits your Family

Remember the Goals for last week's Session were:

- Goal 1. Using Problem Solving Skills to help you pick a Legacy activity that you and your loved one want to create.
- Goal 2. Narrowing the focus of this activity to one area or time period of your life.

Problem Solving Step 1. Naming the problem

Last week, we decided that the problem was:

- Finding a Legacy activity that I can use to tell my personal life story.

We began by discussing some reflection questions to help you focus on some of the things that might be important for you to include in your Legacy activity. These questions included:

1. The things I care about and value most in my life are...

2. I would like people to remember these things about me...

We also wanted to include things that are important to your loved ones in this Legacy activity. In order to narrow the focus of what they wanted from this project we asked them these questions:

1. My favorite memories of times with my loved one are...

2. The things I most want to remember about my loved one are...

Last week the three of us used your answers to these questions to decide on a specific area you wanted to focus on for the content of your Legacy project.

In the last Session you wanted to focus on _____.

Do you still want the content of your Legacy to focus on that area of your life?

Or is there another area that the two of you would be happier with?

CONS:

IDEA #2:

PROS:

CONS:

Problem Solving Step 4a. Choosing a Legacy Project

Now all you have left to do is to choose one project from the ideas discussed above or from the ones we talked about last week. Using the list of Pro's and Con's that you came up with, talk about each idea, and choose the project that feels best for you as a family.

The new idea we have decided on for our family Legacy:

Hopefully going through these steps again has helped you come up with an idea that is more exciting for you and your family than the one we came up with last week.

Let's make a plan for getting started on this new Legacy activity.

Goals for next week:

Remember to complete the Treatment Enactment Form between sessions.

SESSION 3: Evaluation of Legacy Activity

- Goal 1. Show any work/progress (or the completed Legacy if it is ready) made over the last several weeks.
- Goal 2. Discuss your experiences during this project with the Legacy staff.

Problem Solving: Step 5. Evaluate the Success of your Legacy Activity

There are many different ways to measure success on a project like this because there is no right or wrong way to approach and produce a Personal Legacy. Below are some questions to guide discussion.

1. How satisfied are you with the progress you have made on your Legacy Activity?

2. How did recalling these memories make you feel?

3. Will you and your family continue working on your Personal Legacy after the Research staff is no longer involved?

4. What did you like about this project?

5. What did you dislike about this project?

6. How could we, the Research Staff, improve to better help families produce Legacies?

7. Do you feel like this Legacy activity helped you communicate?

8. What specific areas of this process worked well for you?

9. What specific areas of this process did not work as well?

Problem Solving: Step 6. Use what you have learned

Your experience during this project is as unique as the Legacy Activity you have been working on. Discuss with your family member and the research staff anything that you have learned during this process and how you could use this information in the future. Will you make other Personal Legacies? Will you tell other members of your family about these types of projects?
