

The Legacy of a Life

Capture pearls of wisdom, dreams, and experiences.

WISDOM IN AGING

Life is filled with joy, sorrow, and lessons learned.

Those life moments are meant to be shared. Reminiscence and life review also boost confidence and self-esteem.

Aging Wisdom's *The Legacy of a Life* project celebrates the rich kaleidoscope of each participant's life.

Every project is one-on-one, tailored to an individual's interests, strengths, and experiences, facilitated by a trained engagement specialist.

RESULTS: Opportunity to reconnect to what brings joy and a sense of purpose.

HOW IT WORKS

An Aging Wisdom Creative Engagement Specialist facilitates a unique project that reflects your life stories, interests, and perspectives.

A project can involve life events, biographical information, personal accomplishments, knowledge, faith beliefs, and more.

Project ideas include scrapbooks, memoir journaling, shadowboxes, video diaries, photo albums, letters to loved ones, or a curated custom project of your choosing.

RESULTS: Share your life's legacy in a way that communicates value, emotion, and meaning.



OUR VISITS

A Creative Engagement Specialist starts with a Legacy assessment to get to know the participant and their project vision.

Following the assessment, engagement is weekly with a 1-hour minimum until project completion.

PROGRAM FEES

Hourly billing for planning, in-person visits, plus the cost of project materials.

Visit our website -- agingwisdom.com -- and click on **SCHEDULE A CALL** to learn more about our *The Legacy of a Life* program. Or reach out to Katie Lamar, Director of Creative Engagement, at katie@agingwisdom.com

Aging Wisdom inspires hope through creative solutions so our clients live well, care well, and age well.