

A Comparison of Verbal and Visual Life Review With Older Adults: Does Visual Life Review Help Older Adults Deal with Last Stage of Life Issues

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Abstract

This study explores the benefits of visual life review with older adults, by asking the question, "Does visual life review help older adults deal with last stage of life issues?"

Research was comprised of comparing the outcomes of two groups of older adults. Each participant in the control group received three 45 minute sessions of verbal life review therapy and the participants in the experimental group received three 45 minute sessions of visual life review therapy. At the end of each session for all participants were asked questions to elicit information that would help determine if the intervention assisted in addressing the issues that arise in the last stage of life and if the participant felt the sessions was helpful. The most evident differences between the two groups were that the visual sessions ran noticeably longer and the participants also verbally affirmed that details and memories were coming back that they had forgotten. These two results may demonstrate a positive impact of adding art therapy to the life review technique when working with older adults.