

□ **Project Title:** Storytelling, generativity, and well-being among persons living with dementia

- **Research Team:**

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- **Abstract**

TimeSlips's storytelling program is an arts-based intervention for persons living with dementia. Research has identified some positive outcomes for its participants, including improvement in communication and quality of life. The mechanisms of such benefits are, however, largely unknown. Further, no research has examined whether the program offers benefits for cognitive ability. The Generativity Research Group is seeking MIRG funding of \$17,991 for an interdisciplinary study to address these issues and to extend previous research on the theory of generativity. As a mechanism to well-being in later life, generativity involves contributing to and promoting the lives of others and oneself. Upon implementing group storytelling sessions with individuals living with dementia in a memory care community, the researchers will analyze the content of their stories and videotaped data, qualitative data from interviews with staff and family carers, and the changes in pre- and post-well-being measures. The goals are to identify generative expressions and to find associations between those and well-being (Quality of Life in Alzheimer's disease, Activities of Daily Living, and Mini Mental State Examination). Results from this study will be the basis for applying for funding from two foundations that support applied research for the well-being of older adults. The Group's long-term goal is to implement and assess a storytelling intervention for non-institutionalized, community-dwelling persons with dementia with R15 funding from Institute on Aging (NIA). NIA's strategic plan D-5 is developing interventions to address care needs of dementia patients and the needs of carers, which corresponds with the Group's research program.