



“**Timelines** is a remarkable mobile app to capture life story work and provide a chronological multimedia representation of a person’s history”

Assisting to improve psychosocial well-being for older adults

Biographical, narrative, and reminiscence-based approaches to health and social care work have been very popular in various parts of the world. This approach values the attitudes, interests, and desires of older adults as the culmination of a lifetime of experiences and provides a lasting and enduring legacy.

Timelines provides a secure app-based platform to record **voice clips**, write or dictate **personal letters**, **upload images** or **photos** and record in-app **videos**, to provide a detailed understanding of a person’s history.

Assisting authorities, providers, practitioners and carers to:

- Build the service users’ sense of identity
- Enable the person to share their past with carers
- Provide a realistic account of early events to improve cognitive recall
- Provide a link with the past and present
- Enable a better understanding of the individual
- Enhance self-esteem and resilience
- Assist to develop a biographical history
- Help promote a person centred approach to care

Each published **Timeline** provides a web page displaying a life story together with a unique QR code, which can be utilised to share with family, friends or other stakeholders when required.



Timelines, enables the creation of a cloud-based personal story that celebrates a person’s life and provides an enduring digital legacy for future generations.



All content stored securely in a cloud - based environment

Visit the website for further information

www.aftercloud.co.uk

