

The top of the page features a vibrant, abstract background composed of numerous overlapping triangles in shades of purple, blue, orange, and green. Centered over this background is the word "peggi" in a white, lowercase, sans-serif font.

peggi

The stories of your life

PeggiTime!

Creating Memories,
Legacies and
Life Stories!



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Memories, Legacies and Life Stories

Peggi is designed for loved ones to connect, share memories and exchange life experiences in a safe and meaningful way.

Peggi is a great tool for memory stimulation. Special features allow you to create and share favourite photo albums, use text and voice audio to record and describe memories, and chat or video call.

Peggi offers you a wonderful opportunity to build the life story of your loved one. Use the 'Shared Memories' button to create a set of Shared Memories that, together, make a complete life story that you can then keep for ever!

Get everyone involved. Especially the loved one whose legacy you are all building. Everyone in the group can add their own words, photos and audio.

Sharing life stories gives you more ideas for different photo prompts and memories.

Care Providers and PeggiTime!

Weekly Peggi Time sessions are based around building legacies and life stories.

Peggi brings a whole new event to your activities schedule. It's fun, it's stimulating, and encourages friends and family to get involved, no matter where they are.

Residents can review contributions at any time, or they can do so once a week with the gentle assistance of the activities co-ordinator during PeggiTime.

Members of a resident's Peggi Group may wish to attend Peggi Time in person!

Care givers and activity coordinators can use this guide to explore different approaches to running sessions which stimulate memory, stimulate conversation, and stimulate interaction with friends and family.

Care givers can strengthen relationships with those they care for and find out more about their lives.

Peggi's Shared Memory function

The Shared Memory function is a special feature in Peggi.

Anyone can set up a Shared Memory. All they need is a single photo, then they can add some written description. And they can record an audio description!

After that, anyone in the group can add their own photos, along with text and audio, into the same Shared Memory.

In that way, a Shared Memory captures contributions from everyone in the group!

And you can all keep adding photos and text and audio!

Getting Started With PeggiTime!

Once a group is set up, The Lead User in the group might wish to get the ball rolling by creating one or more Shared Albums. (Of course, anyone else in the group can too!)

Those Shared Memories might have headings from our list of suggested Life Story headings, which you can find over the page.

Shared Memories can be about one person in the group, or members might be invited to contribute their own stories under the same heading (e.g. my career, where I lived, funniest memories, etc.).

You can all discuss what approach you'd like to take in the peggi chat in the app! But in the end, the Lead User needs to make the first decision about that.

On the next page you'll find some suggestions!

Popular Life Story Headings

Our experience suggests that the ten headings below form a great basis for building a Life Story. Everyone can add to them as much as they like. You may want to introduce these over time, or set them all up right away!

- Early Years
- Family & Friends
- Education & Learning
- Career & Professional Life
- Passions & Hobbies
- Travel & Adventure
- Significant Life Events
- Challenges & Triumphs
- Community & Volunteering
- Legacy & Impact

Other Fun Shared Memory Headings

You can also have fun contributing to these Shared Memories. They may be about an individual loved one, or they may be about each other!

- Birthdays Snaps!
- Favourite Group Recipes
- Funniest Moments
- How We Met
- Things I've Always Admired About You
- Always Wanted to Do, But Never Tried!
- Most Valuable Thing I've Learned From You.
- Great Sporting Events!
- Heirlooms & Their Stories
- Favourite Quotes and Sayings
- Bucket Lists!
- Things I'll Never Forget!
- People We'll Never Forget!
- Your favourite ways to relax!
- When Have You Been Most Proud About Family Members?
- Most Important Relationships
- Fondest Social Occasions?
- Pets!
- What Are Your Favourite Friends and Family Photographs and Why?
- My Favourite Decade
- The Most Beautiful Place I Have Ever Visited
- The Most Surprising Family History Story!
- My First Car!
- The Neighbourhood Where I Grew Up
- What My Mother and Father Taught me!
- Most important Life Lessons
- My Experience Of World Events
- How The World Has Changed
- The TV/Radio/Music You Loved
- The People Before Me!
- How Do You Wish To Be Remembered?

Quick User Guide

1. The Lead User downloads Peggi from the Apple or Google app store onto a smart phone or a tablet and creates an account.
2. Lead User invites group members by email or by giving them a PIN (from the menu, select Members). They then download the app and sign in.
3. Only the Lead User can invite or remove other members, or delete other Members content.
4. Each group has a maximum of 20 members and 20 Gigabytes of storage.
5. For now, you can only be a member of one group at a time.
6. Members can go to Menu/Profile to edit their profile
7. Any Member can create a Personal Album, and only they can add to it.
8. Any Member can create a Shared Memory and anyone can add to it.
9. Once other Members have joined a new group, then you can Chat and make Video calls.
10. To create a Personal Album
11. If asked, give Peggi permission to access your photos
 - a. tap the red Personal Albums icon
 - b. tap the green Add Personal Album icon.
 - c. Give your album a name then click Next.
 - d. Either select images that are already on your device, or take a photo using your device.
 - e. Click Add Album.
 - f. You can go back at any time and add more photos.
 - g. To view a Personal Album, just tap on it on the Home Page, then tap on any photo to enlarge it.
12. To create a Shared Memory
 - a. tap the orange Shared Memory icon
 - b. tap the green Add Shared Memory icon.
 - c. Give your album a name.
 - d. Click next.
 - e. Either select images that are already on your device, or already in a Personal Album, or take a photo using your device.
 - f. You can then add a Caption and record some audio.
 - g. Click Click Post Photo.
 - h. You can go back to your own Shared Memory or someone else's at any time and add more photos,. with text and audio too!
 - i. To view a Shared Memory, just tap on it on the Home Page, then tap on any photo to enlarge it.

For more information, go to our FAQs or watch the How To videos. You can find both within the app (go to Menu/Support) or on www.peggiapp.com.



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The stories of your life

Tell us which Shared Memories
worked best in your group!

Email us at:
peggi@yourhealthandcare.com

or Telephone us on:
01670 221226

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