Getting older is an eminent and ongoing process of our life. Unfortunately, not everyone will successfully reach their senior years. For some, it is the beginning of many new challenges in health, social isolation, financial issues, or the loss of a lifetime partner. Often older adults feel hopeless, with the loss of purpose, meaning of life, see themselves as a burden on society, and are waiting to die. These changes often impact their mental health and wellness, leading to depression and, in some instances, suicidal behavior, which is prevalent in the population over 65 years old (Mental Health America, n.d.).

 Today, life expectancy has increased, and older adults live longer lives. To stay mentally and physically healthy, it is important for older adults to understand and find new meaning and purpose in their life. According to Butler (2009), conducting a life review with the elderly can enhance their self-esteem and provide emotional support; it also assists with the grieving process. Life review is a structured, systemic, and evaluative interview approach for gathering information about one’s life. During life review, patients tell their life stories from different phases of their lives, share happy experiences, challenges they faced, and unfulfilled dreams. Depend on how a patient reacts to questions, with sadness or happiness, an interviewer can pause, add more, or skip some questions. Thus, the life interview has a beneficial and healing effect as it helps the elderly reflect on their life, see the meaning and value, and provide a balanced view of past, present, and future. Many elderlies enjoy sharing their life stories as it gives them a great feeling of accomplishment. In addition, telling their life stories through a guided process is an excellent way to help older adults understand their lives, resolve issues and conflicts, and become more accepting of life cycles such as death (Butler, 2009).

 The ordinary memories, such as reminiscence, reflect random memories or fleeting thoughts that a current event can evoke. Just like a live interview, they also can elicit positive or negative responses. However, unlike life review, the reminiscence does not direct the interviewee to specific times or events in their lives.