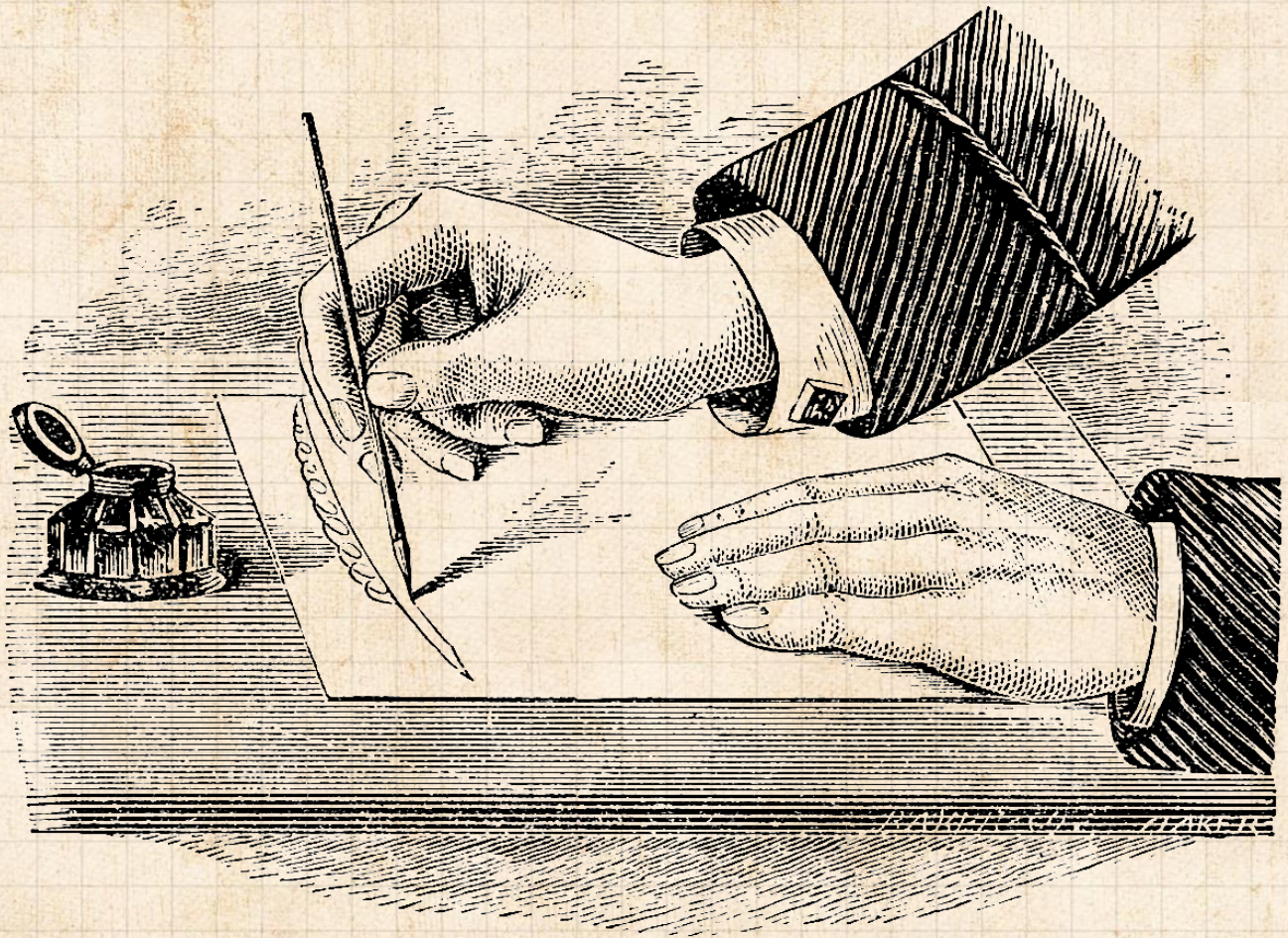




# My Life History

A memoir of my life, hobbies, and family



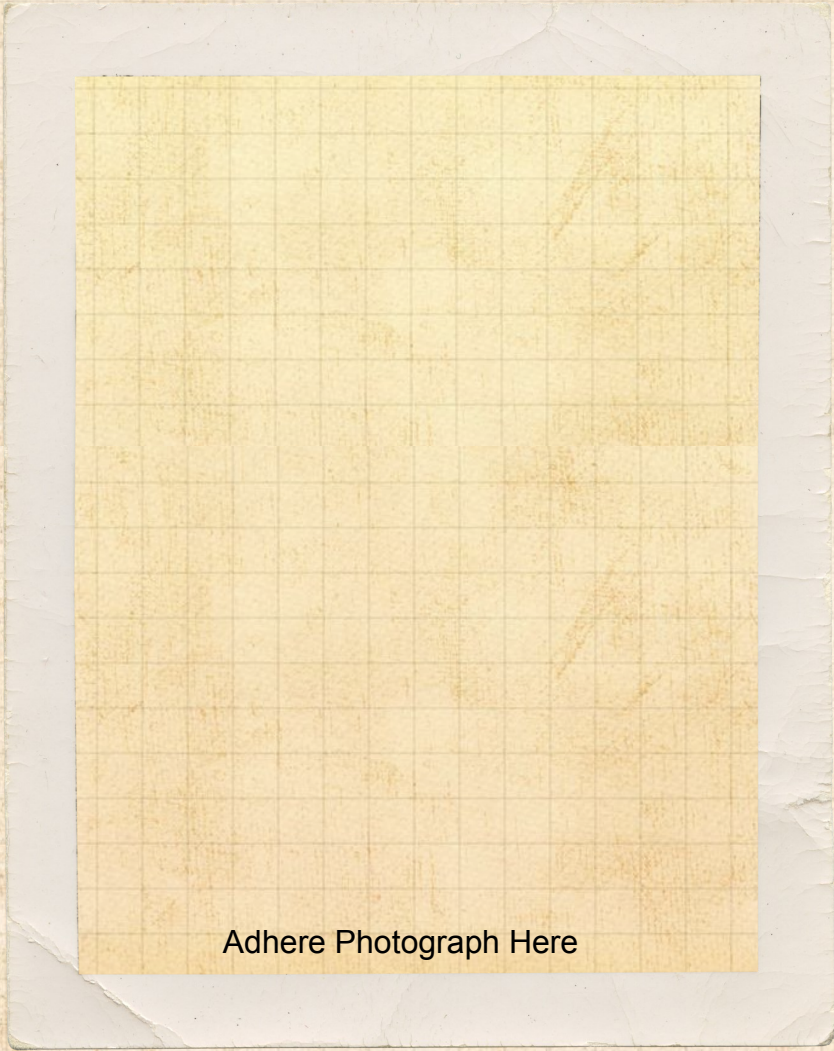
This book belongs to: \_\_\_\_\_



---

---

---



Adhere Photograph Here



# Making a Life History Book

## What is a Life History Book?

- ◇ Account of a person's life experiences
- ◇ Documentation of loved ones
- ◇ Connection to the past
- ◇ A tool to create conversation between the owner of the book and others

## How Can the Life History Book be used?

- ◇ Distraction technique for refocusing loved ones
- ◇ Tool to be used in unfamiliar places like hospitals or new long-term care facilities
- ◇ Aid in conversation between family members, loved ones, or guests
- ◇ Create increased pride and self-esteem for the owner of the book

## What should the Life History Book look like?

- ◇ There is no answer! This book is *yours* so make it unique!
- ◇ Add in pictures or different colored pens. Make it visual and fun to look at it!
- ◇ Keep in mind that too much decoration can be difficult to look at.
- ◇ Try to use the owner's verbiage and ideas, whether it is long stories or short words.

## What if I or my loved one cannot answer the questions?

- ◇ Recollection can't always happen immediately. Take a break and come back later.
- ◇ Skip it! Not all of the questions will pertain to everyone, feel free to scratch them out and write your own.
- ◇ Make it a scrapbook instead. If you or your loved one is having a hard time answering a majority of the questions, use the space to post pictures instead.
- ◇ Let their imagination run wild. Sometimes recollection of past experience is no longer possible, so use the questions to prompt the owner to tell you fun stories!

# Getting Started

## Follow the “Do’s”

- ◇ Ask for more details outside of the questions listed
- ◇ Work at a pace everyone is okay with
- ◇ Be a good listener
- ◇ Always respect the owner’s wishes
- ◇ Only share information the owner is comfortable with

## Follow the “Don’ts”

- ◇ Use the Life History Book as a test to gauge the owner’s memory
- ◇ Get upset if the owner cannot answer questions
- ◇ Become frustrated if the owner checks out from the conversation
- ◇ Ask too many questions
- ◇ Rush

## Put Yourself in Their Shoes

- ◇ Creating a Life History Book is an exciting journey through years of memories and stories, so get the owner involved in creating their book as much as possible.
- ◇ You would not want someone paraphrasing your stories and advice, so try and record what the owner says word-for-word.
- ◇ We all know that after living a full, happy life some of the memories get muddled, so do not judge the owner if you can remember something they cannot.
- ◇ Everyone can tell when someone is hurrying through a task because they do not want to do it, so make sure you are eager to build this book with the owner.
- ◇ People will always have certain memories they do not wish to recall, so do not push questions that the owner is clearly not comfortable talking about.

# Looking through the Life History Book

- ◇ Page 1 - Starting with the Basics: this is designed to get a general idea about the owner. The extra comments section is a space to put additional information.
- ◇ Page 2 - Children & Grandchildren: this may not pertain to every owner. Fill it out to the best of their knowledge and feel free to add information of your own.
- ◇ Page 3 - Work Life & Hobbies: this is a chance to get the owner thinking. Let them feel proud of their work and ask for details outside of the questions listed.
- ◇ Page 4 & 5 - Tracking My Travels: this is a tool to spark conversation about places the owner has been. Highlight states and write comments about their travels.
- ◇ Page 6 - Favorites: this is exactly as the title suggests: a page of favorites. Use this page as a basic conversation starter.
- ◇ Page 7 - People, Places, & Things: this is a fun way to spark more conversation. Feel free to share the answers you would write about yourself!
- ◇ Page 8 - What If: this is a completely rhetorical page that gets the owner thinking. Be patient with this page and maybe come back to it or skip it entirely if they want.
- ◇ Page 9 - Just for Fun: this is another way to learn more about the owner and see how they view themselves.
- ◇ Page 10 - Advice: this is a chance for the owner to share some of the wisdom they have accumulated over the years. Ask how they learned the lessons they share.
- ◇ Page 11 & 12 - What You Mean to Me: these pages are designed for the friends and family of the owner to write down just how special they are to them.
- ◇ Page 13 - Special Circumstances: this is a space to record ideas that will calm and comfort the owner or activities the owner enjoys doing.

The Life History Book was created and designed by Dove Healthcare – West Eau Claire

Feel free to contact:

Dove Healthcare – West Eau Claire at (715)552-1030 or [info@dovehealthcare.com](mailto:info@dovehealthcare.com)

Lisa Wells, Dementia Care Specialist, at (715)839-4750

# Starting with the Basics

Name/Nickname: \_\_\_\_\_

I live in: \_\_\_\_\_

I was born in: \_\_\_\_\_

I have \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.

My ancestry is: \_\_\_\_\_

I went to school for \_\_\_\_\_ years.

I was good at \_\_\_\_\_ in school.

My primary career was: \_\_\_\_\_

I started dating when I was \_\_\_\_\_ years old.

I: was / was not married before.

I am: still married / divorced / widowed / single.

I met my significant other at \_\_\_\_\_

I was \_\_\_\_\_ years old when I got married.

We lived in \_\_\_\_\_ after we were married.

Favorite memories of marriage: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Extra Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Children & Grandchildren

I have \_\_\_\_\_ children.

I have \_\_\_\_\_ grandchildren.

I have \_\_\_\_\_ great grandchildren.

Here is a little bit about my children:

Name	Spouse/Partner	Lives in	Occupation	Children

Favorite memories from when my kids were growing up: \_\_\_\_\_

---

---

---

Favorite memories about my grandchildren: \_\_\_\_\_

---

---

---

# Work Life & Hobbies

My first job was: \_\_\_\_\_

The job I retired from was: \_\_\_\_\_

My dream job would have been: \_\_\_\_\_

I served in the military: Yes / No

The branch I served in was: \_\_\_\_\_

Special recognition I received during my various jobs were: \_\_\_\_\_

\_\_\_\_\_

My religious background is: \_\_\_\_\_

Religion plays an important role in my life: Yes / No

In my free time, I like to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What really makes me happy is: \_\_\_\_\_

\_\_\_\_\_

My guilty pleasure is: \_\_\_\_\_

\_\_\_\_\_

My special talents include: \_\_\_\_\_

\_\_\_\_\_

Extra Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Tracking My Travels

These are the places I have traveled!



Extra Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Tracking My Travels

These are the places I have traveled!



Extra Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# *Favorites*

My favorite music artists are: \_\_\_\_\_

\_\_\_\_\_

My favorite sport is: \_\_\_\_\_

My favorite teams are: \_\_\_\_\_

\_\_\_\_\_

My favorite movies are: \_\_\_\_\_

\_\_\_\_\_

My favorite TV shows are: \_\_\_\_\_

My favorite books are: \_\_\_\_\_

My favorite food/meal is: \_\_\_\_\_

\_\_\_\_\_

My favorite beverage is: \_\_\_\_\_

My favorite animal/pet is: \_\_\_\_\_

\_\_\_\_\_

My favorite political figures are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My favorite season is: \_\_\_\_\_ because: \_\_\_\_\_

\_\_\_\_\_

Extra Comments: \_\_\_\_\_

\_\_\_\_\_

# People, Places, & Things

People I admire are: \_\_\_\_\_

\_\_\_\_\_ because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My favorite memory of my parents is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My quirkiest relative is: \_\_\_\_\_ because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The best vacation I ever took was to: \_\_\_\_\_

\_\_\_\_\_

My favorite place to visit is: \_\_\_\_\_

\_\_\_\_\_

My favorite vacation memory is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My most prized possession is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# What If

What if you had a time machine, what era would you go back to and why?

---

---

---

What if you were stuck on an island, what 5 things would you bring?

---

---

---

What if you suddenly turned into an animal, what animal would you be?

---

---

What if money was no object, what three things would you buy?

---

---

What if you could recreate any moment from the past, what would it be?

---

---

---

What if you were all of a sudden famous, what would you be famous for?

---

---

# Just for Fun

What things have you done that you never thought you could do?

---

---

What big world events did you live through? \_\_\_\_\_

---

---

What are three of your pet peeves? \_\_\_\_\_

---

---

How would you describe yourself? \_\_\_\_\_

---

---

What is your greatest strength? \_\_\_\_\_

---

---

If you could only have one meal for the rest of your life, what would it be?

---

---

Extra Comments: \_\_\_\_\_

---

---

---

---

# Advice

What advice do you have for future generations? \_\_\_\_\_

---

---

What is one thing you know now, that you didn't know when you were 20?

---

---

---

What advice would you give about...

Love? \_\_\_\_\_

---

Work? \_\_\_\_\_

---

Family? \_\_\_\_\_

---

Money? \_\_\_\_\_

---

Life? \_\_\_\_\_

---

Getting along with others? \_\_\_\_\_

---

## *What you mean to me*

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

My favorite things about you are: \_\_\_\_\_

\_\_\_\_\_

One of my favorite memories with you is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important thing I have learned from you is: \_\_\_\_\_

\_\_\_\_\_

## *What you mean to me*

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

My favorite things about you are: \_\_\_\_\_

\_\_\_\_\_

One of my favorite memories with you is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important thing I have learned from you is: \_\_\_\_\_

\_\_\_\_\_



## *What you mean to me*

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

My favorite things about you are: \_\_\_\_\_

\_\_\_\_\_

One of my favorite memories with you is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important thing I have learned from you is: \_\_\_\_\_

\_\_\_\_\_

## *What you mean to me*

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

My favorite things about you are: \_\_\_\_\_

\_\_\_\_\_

One of my favorite memories with you is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important thing I have learned from you is: \_\_\_\_\_

\_\_\_\_\_

# Special Circumstances

If I start to get upset or need a distraction please talk to me about:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Or

Please ask me to do the following with you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

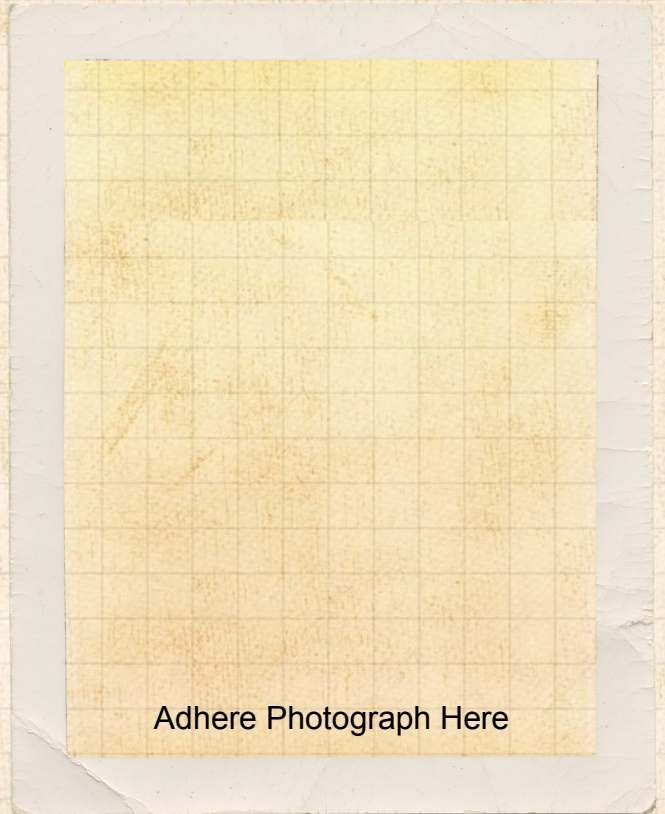
---

---

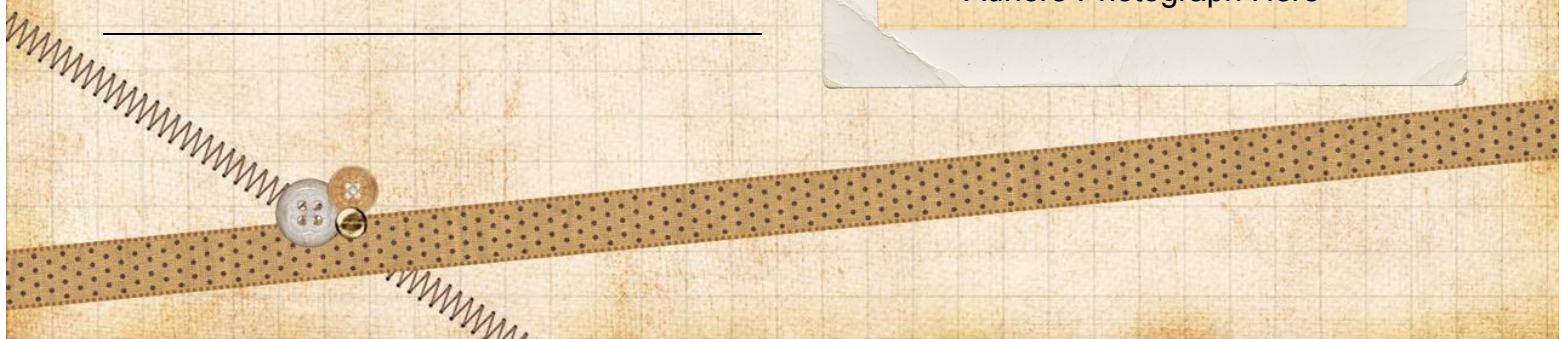
---

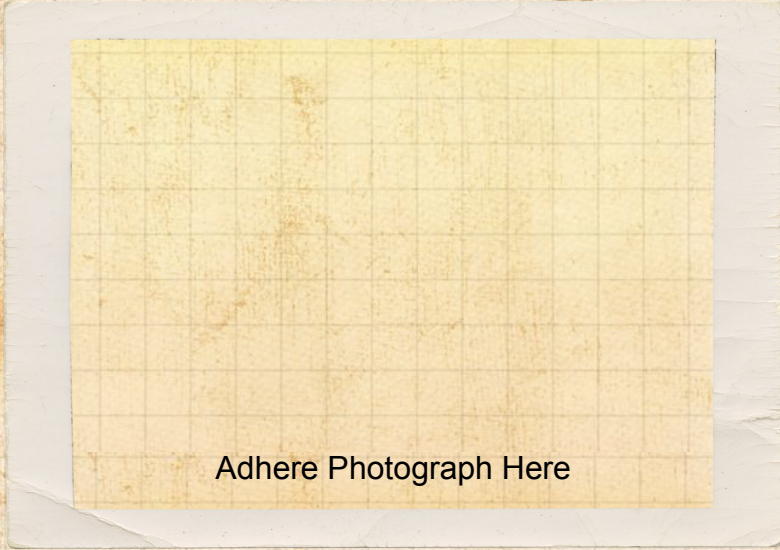
---

---



Adhere Photograph Here





Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

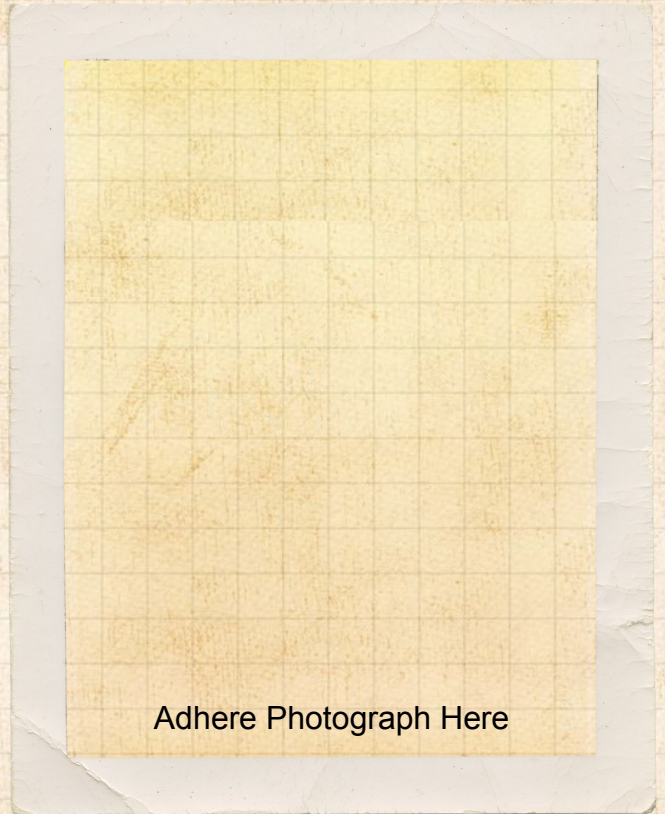
---

---

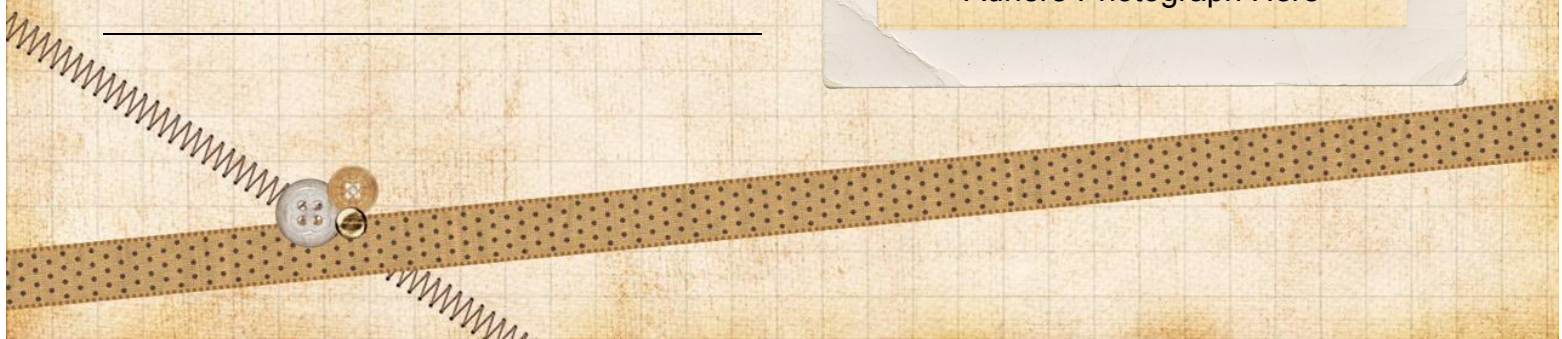
---

---

---



Adhere Photograph Here





Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

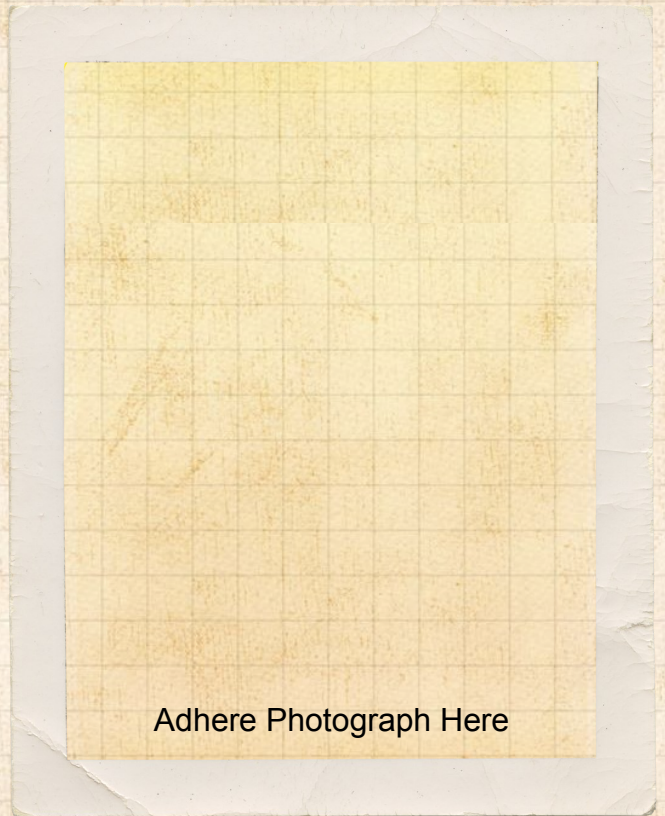
---

---

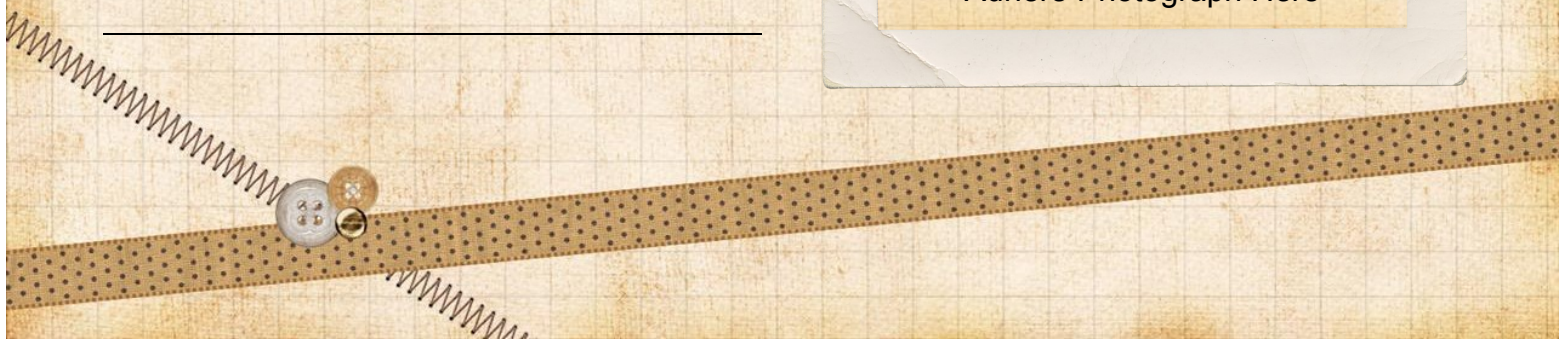
---

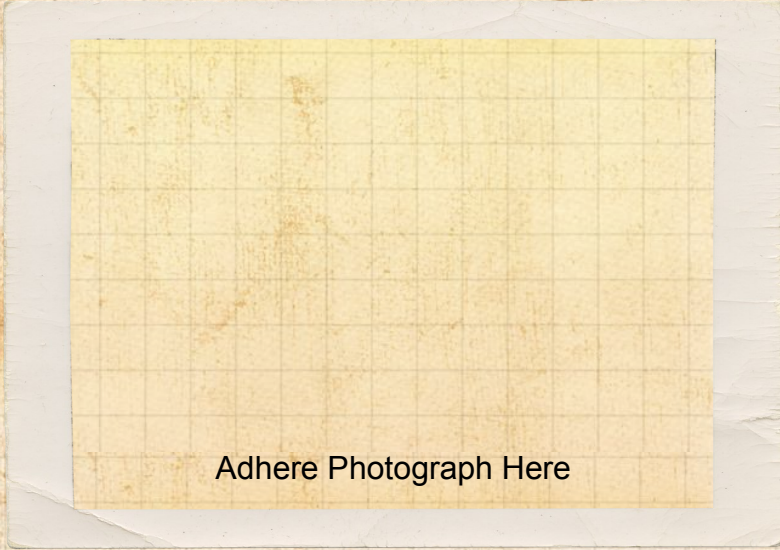
---

---



Adhere Photograph Here





Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

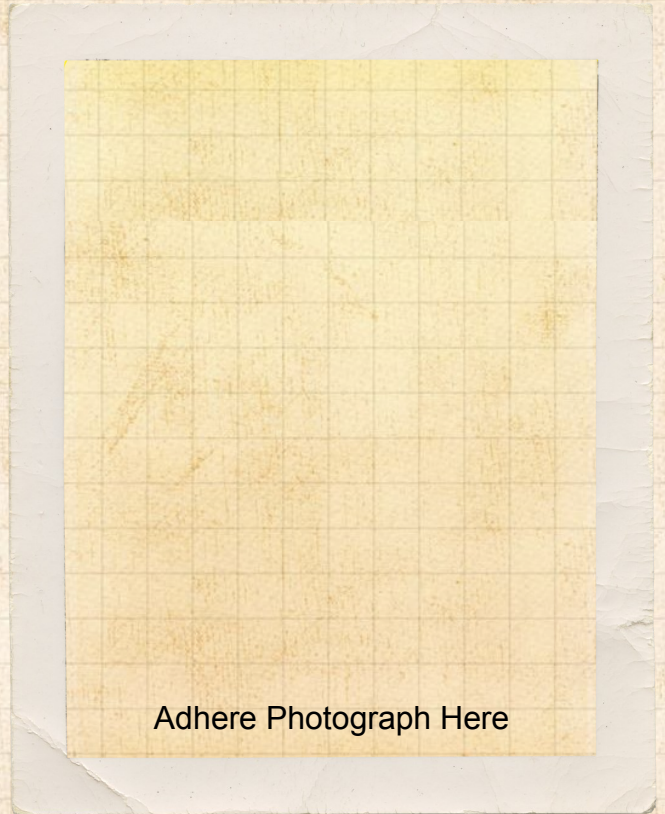
---

---

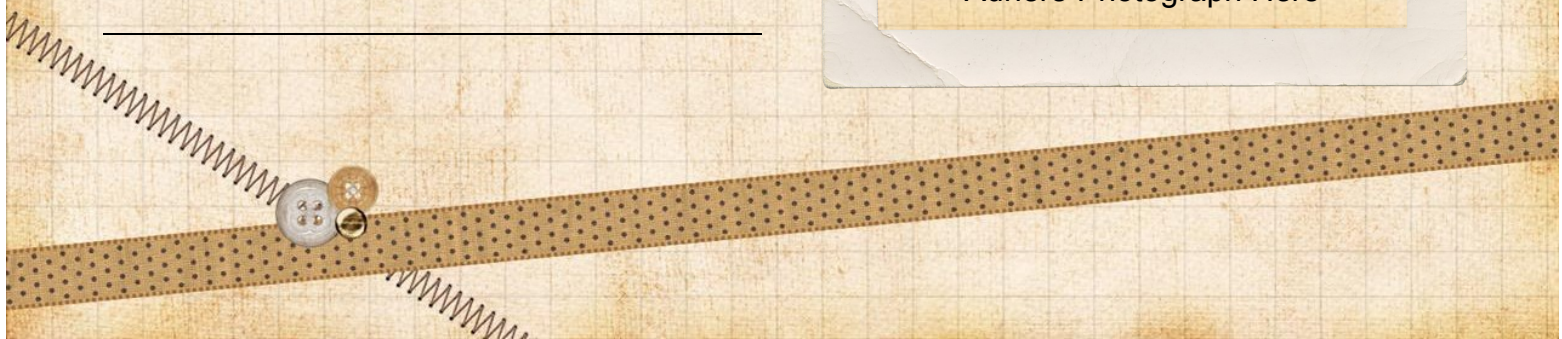
---

---

---



Adhere Photograph Here





Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

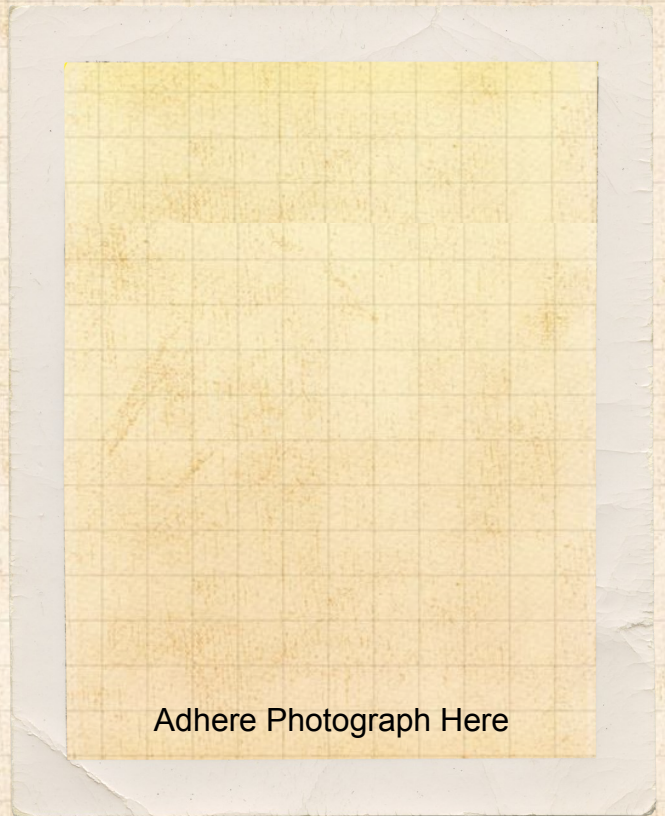
---

---

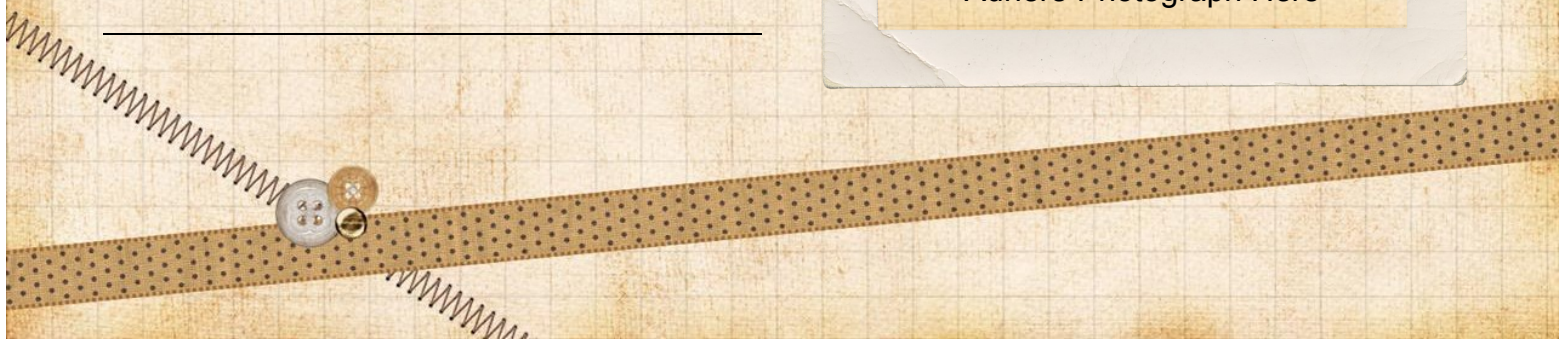
---

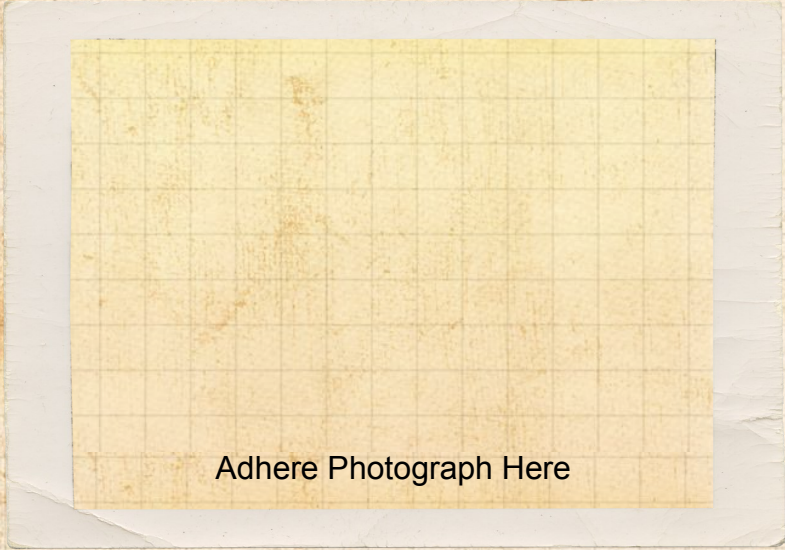
---

---



Adhere Photograph Here





Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

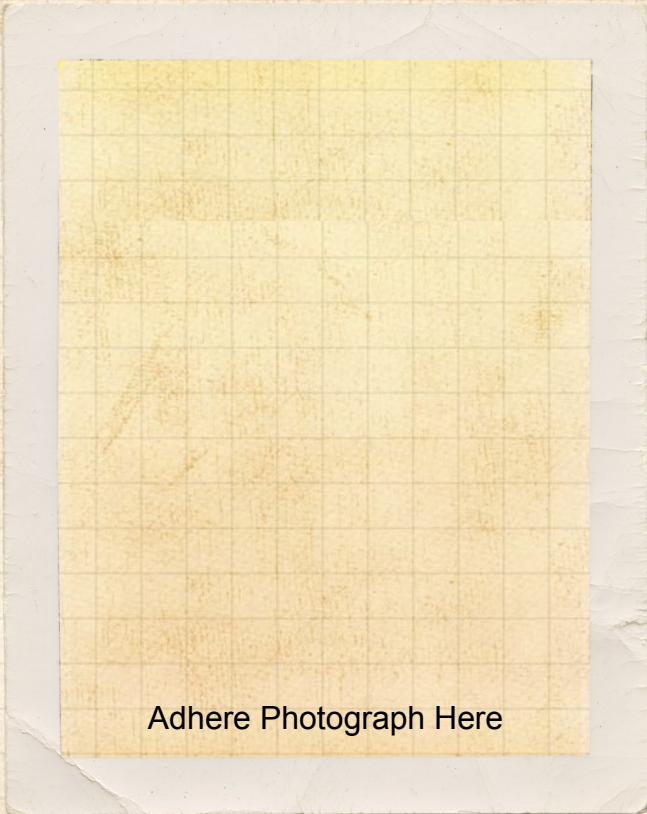
---

---

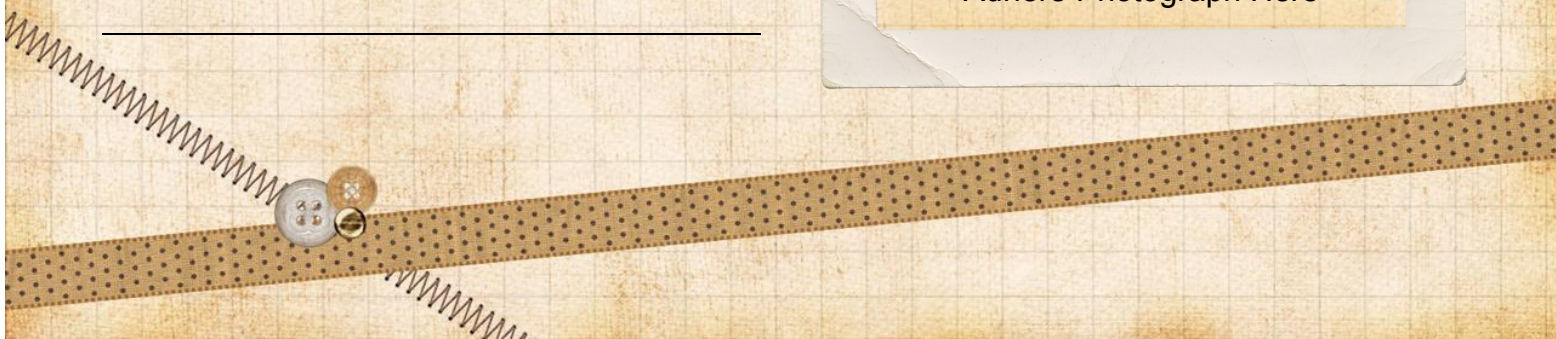
---

---

---



Adhere Photograph Here







Adhere Photograph Here

---

---

---

---

---

---

---

---

---

---

---

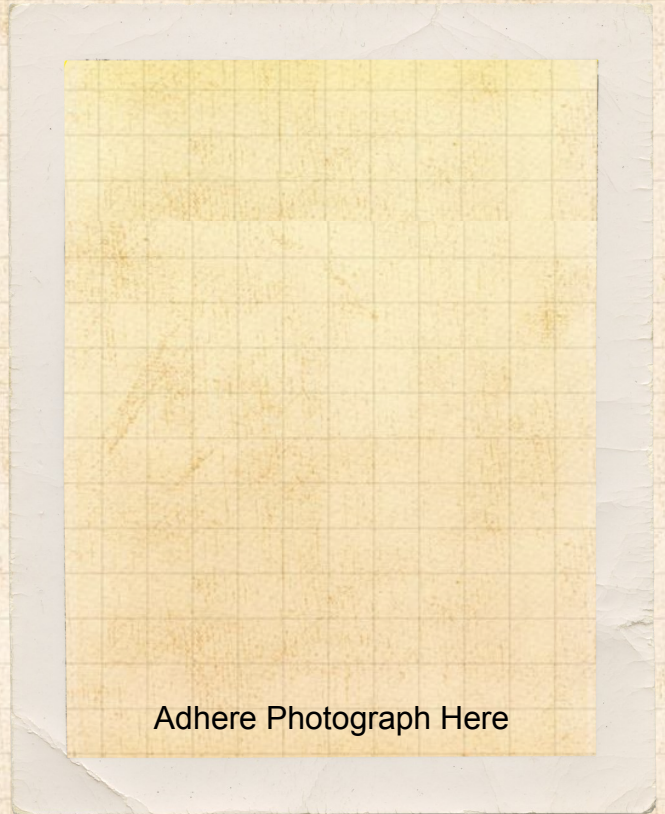
---

---

---

---

---



Adhere Photograph Here

