

Let's Talk ... About Me

My Life in Facts and Photos

Photo from the past

Photo from the present

NAME:

2

My name is _____.



This is me when I was younger.

A large, empty rectangular box with a blue border, intended for a drawing or photograph of the person as a child.

This is me now.

A large, empty rectangular box with a blue border, intended for a drawing or photograph of the person as an adult.


My full name is: _____



☞ My Address:


☞ My Phone Number:

My Schedule



Time	Event	Location	Check when done

If I had an emergency I would contact:



☞ **Name:** _____

☞ **Phone:** _____

☞ **Special instructions for an emergency:**

Notes for me.

∞ **Important phone numbers:**

∞ **Other**

My birth date is: _____.



A photo of me celebrating.

A large, empty rectangular box with a dark blue border, intended for a photograph of the user celebrating their birthday.

My favourite birthday memories.

Five horizontal lines with dark blue borders, stacked vertically, intended for writing down favorite birthday memories.

This is where I now live.

☞ Address

☞ Photo

☞ I have lived here for

_____.

☞ Some of my favourite memories are:

My Early Years

☞ **Details about where I was born:**

_____.

☞ **This is a photo of where I grew up.**

Places I lived in the past.



These are pictures of my living space now.



 **Insert photo**

 **Describe as needed.**

Some of the jobs I do each day are:



List the tasks and details as needed.
A schedule is recommended.

Some routines are important to me. These include:

☞ Morning routines

☞ Other

☞ Meal routines

☞ Bedtime routines

Some of my routines or rituals include:

(For example, are you a morning person or a night owl? Do you like to sleep late or get up early? Do you like to say prayers or have coffee before breakfast?)



This is how I would describe myself.



Things I like people to know about me.

☞ Language(s) I speak:

☞ My religion is:

☞ Language(s) I can read:

☞ Religious/spiritual practices that are important to me.

Other things I want people to know about me.



A few other things I like people to know about me.


☞ My favourite movies and/or television shows.

☞ My favourite types of music.

☞ Singers

☞ Songs

This is how I like to spend my time.



☞ My favourite things to do.

The foods I like and don't like.

∞ Foods I like:

Sweets

Treats

Meats

Fruits & Vegetables

Other

∞ Foods I do not like:

Sweets

Treats

Meats

Fruits & Vegetables

Other

Other things I like people to know about meals and foods I like and don't like.



The things I liked to do best when I was younger.



The things I never enjoyed when I was younger.



The things I like to do now.



Things I like to do when I have time.



Things I would like to do.



I like to talk on the phone to:

Name	Phone Number

Details about some of the people who visit me or call me regularly.



☞ Names and photos

Growing Up My Family

- ☞ I had _____ brother(s).
- ☞ I had _____ sister(s).
- ☞ Others that lived with us include (such as animals and/or other family or friends):

My favourite memories of my parents.



Siblings: Photos and stories.



My best childhood friends.



My favourite childhood stories and memories.



My favourite childhood stories and memories.



My school years.

- ☞ I attended a school called _____.
- ☞ My favourite memories of my school years are:

More memories of my school years.



First Dates, Dances & Romance

☞ My recollections of my first dates, dances and fun are:

☞ How important was “getting married” to me?

☞ How important was “getting married” to my family?

Marriage

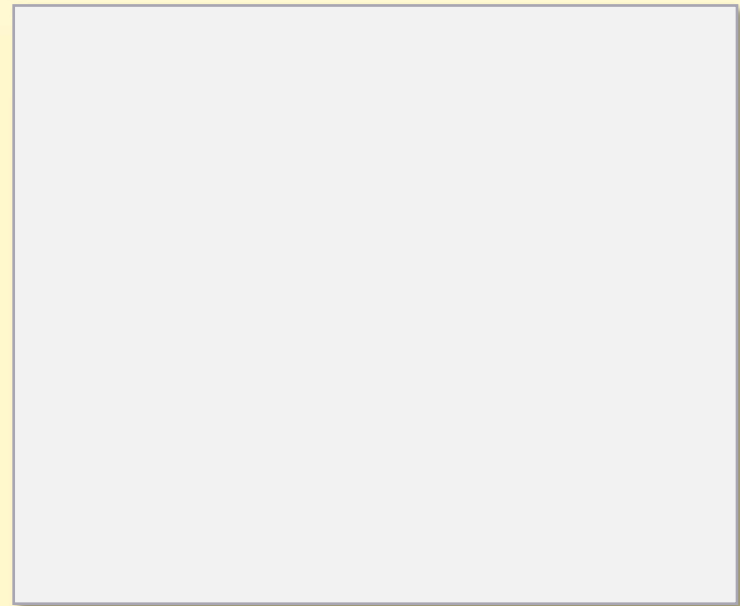
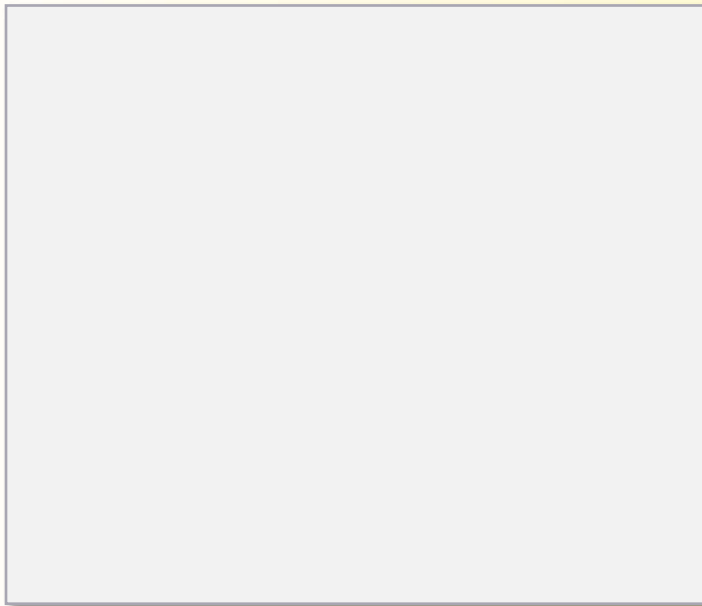
☞ I married _____ on _____, _____.

Date

Year

This is what we looked like then.

This is us in more recent years.



Photos and stories about our life together.



 **Details:**

 **Details:**

 Photo

 Photo

Children



☞ I had _____ child/children.

☞ Their names are:

Photos and/or stories about my children or other special people.



Photos and/or stories about my children or other special people.



**Photos and/or stories about my
children or other special people.**



Special memories about my children or other special people.



These are photos of my grandchildren and their parents.



These are photos of my grandchildren and their parents.



These are photos of my grandchildren and their parents.



Photos or stories of my best friend(s).



Insert photos and names.

My friends – photos and/or stories.



Things I always like to do with friends.



Photos of special people in my life: friends, heroes and family.



People I have admired.



Music, movies, books and shows I enjoy.



Pets

☞ I have had _____ pets over the years.

☞ List what type of pets you had:

☞ List your favourite types of animals:

My Career



What job(s) did I do/have in the past?

My first job(s).

☞ What I liked most about my first job(s).

☞ Things I did not like about the jobs I have had.

Chores

(Did you have any chores or daily responsibilities that you would like tell others about?)



My Fashion and Style

(Describe the types of fashions you liked best. Add photos if you have them. Think about what you wore for work and for play.)



Insert photos and descriptions of your favourite clothes to wear for home, work and/or special occasions.

Favourite transportation

(Did you have a favourite car or other method of transportation?)

**The biggest risk I ever took
was . . .**



Summer Vacations



☞ **My best memories of summer vacations are:**

**These are photos and/or stories from
special occasions.**



**These are photos from special occasions
or stories from special occasions.**



My special skills and talents are:



My favourite sports or athletics.

(Include photos or stories.)



My volunteer activities.



Special awards I have received.



Things I am proud to tell others about.



The greatest adventure(s) I have ever had:



 Insert photos and details.

**Some of my favourite memories
that I like to share with others.**



**Some of my favourite memories
that I like to share with others.**



Other details about me.











Note

- ☞ For more information about memory books see:
 - ☞ Bourgeois, M., (2014) Memory and communication aids for people with dementia. Baltimore, MD: Health Professions Press.

My Life in Facts & Photos



∞ Created by: Gail Elliot, BAsC, MA

∞ DementiAbility Enterprises Inc., Canada

∞ www.dementiability.com



© 2017

ISBN: 978-1-926511-29-0