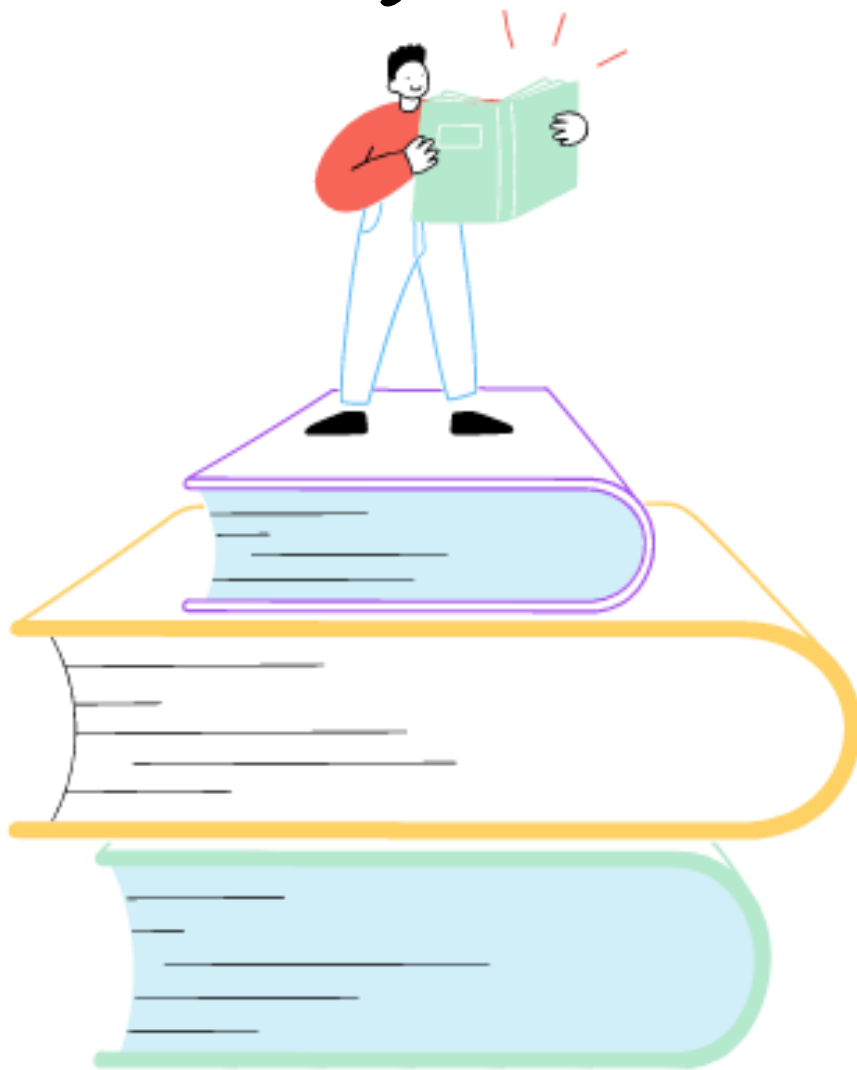




This is My Life Story



By _____

*O*ur life experiences shape us as individuals and helps others to understand who we are as a person.

It's important that others know about your family, your likes and dislikes and any wishes or goals that you may have.

Learning all about you will help to provide the care that is right for you and to create a programme of Wellbeing Activities and Events around what resonates with you.

Please write about your life history, any hobbies you may have and those things that mean the most to you and are important to your life. Equally, it's important that you write about what you don't like.

With the help of your nearest and dearest, please write all about you.

Don't worry if you can't remember everything, this is just the beginning. You can build upon this over the coming weeks, months and years.

This is My Life Story

*Getting to
know me*

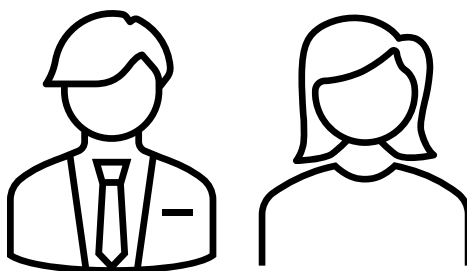
I like to be known as _____

My birthday is _____ **Star Sign** _____

What medication do I take (tablets or liquid form)



Place your photo here...





Growing Up

Tell us where you were born and where you grew up. What are your earliest memories as a child, how many of you were there in your immediate family? Tell us about your parents and siblings and what they did for a living. Did you move home many times?



Important Dates

Let us know about important birthdays, anniversaries or memorable dates that you would like us to help you to celebrate and similarly any dates that you find difficult and may need support with.



My Education

Tell us a bit about where you went to school, college or university, what did you study, what qualifications you gained, where there any academic or personal achievements during your time in education.



The One I Love

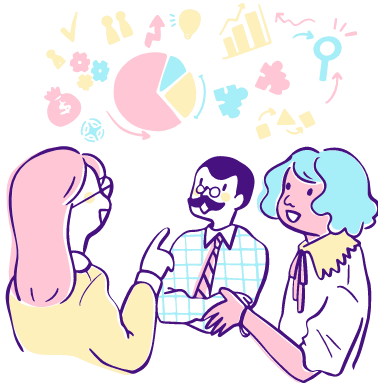
Tell us about the one you love, who are they, where did you meet, where and when did you get married or start living together as a family. Tell us about your lives and any special memories you made together

<http://bit.ly/lovedcuk>



Special People and Friends in My Life

Who are the people who mean the most to you outside of your immediate family, how long have you known them, where and how did you meet, why are they special and what memories do you have with them



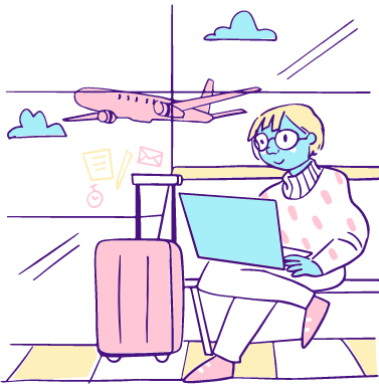
My Working Life

Tell us about your working life, what did you do for a living, where did you do it, who did you work for, did you have to travel and what skills did you learn



My Hobbies and Interests

What interests you the most, do you have any hobbies, are you an avid painter or baker or do you collect items, are you sporty and how do you keep fit etc



My Holidays and Places I have visited

Let us know the best places you have visited and the worst. Tell us why and what made it special/awful. Let us know what faraway places you have been to



My Likes and Dislikes

Let us know what you like or really don't like e.g. food, drink, tv programmes



My Pets

Tell us about any pets you had as a child and as an adult



My Beliefs / Customs / Religion / Faith

Tell us about your beliefs, customs, religion and faith and why this is important to you. Tell us what we can do to support you to maintain these.



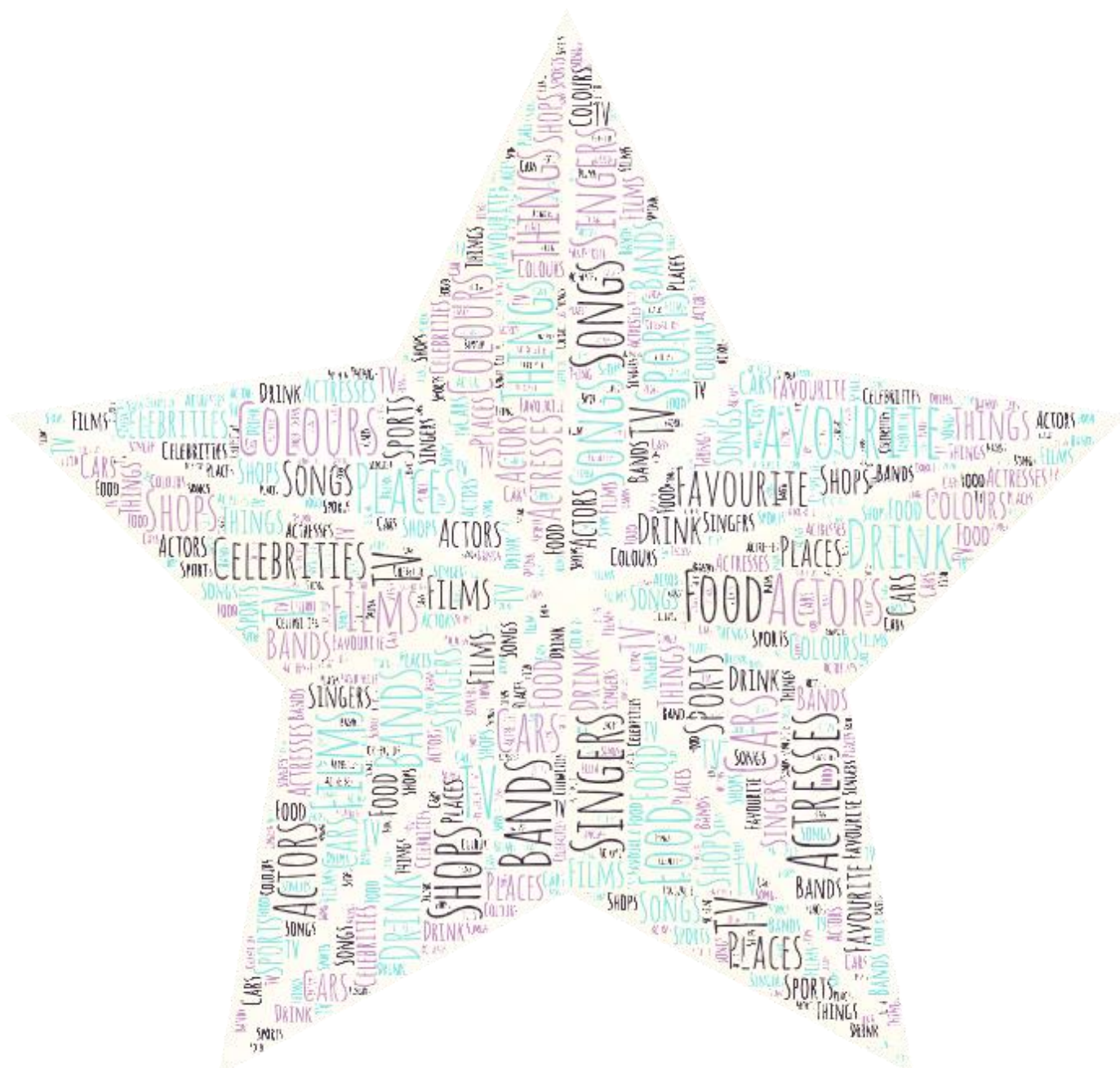
Personal

Please include anything that is important to you about your appearance e.g. clothes, hair, nails etc. let us know what support you need with dressing and how you would prefer to be supported. Tell us about your personal care preferences e.g. baths or showers, daily, weekly, your favourite soaps and shampoo's, favourite perfume/aftershave etc and any routines that you would like us to know about.



My Favourite Things

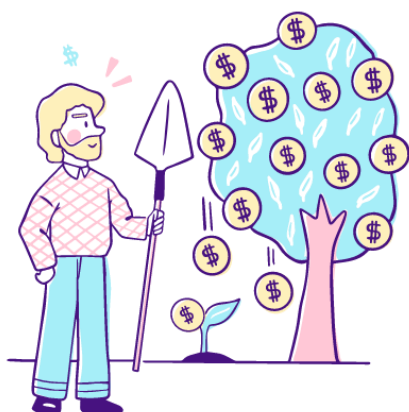
Look at the words in the star and think about your favourite things from those words. Write your favourite things around the star.





Other Information about Me

Is there anything else you think we would like to know, tell us how you like to spend your days/nights. Let us know what time you like to get up in the morning and how you like to start your day e.g. with a cup of tea or coffee. Let us know when you like to go to bed, do you like a drink before bed, how do you like your room e.g. windows open, lights on or off. Let us know if you are you expert on a particular subject that you could teach us about, have you got a skill you could teach us.



My Wishes

If your wishes could come true, what would they be? Tell us about a few things you have never done but would have liked to



My Goals

Tell us if there is anything you would like us to help you to achieve, e.g. learning a new skill

As your goals change and as you develop more goals, please continue to build on this list. Please continue to build on this document and extend as and when you would like.

You can also add new sections and include other information that you would like others to know about you.

Thank you for taking us on a virtual tour of
your life story.



The End?

Illustrations by Streamline

Dementia Club UK 2021

Dementia Club UK is a Registered Charity No. 1168397
Registered as a Company Limited by Guarantee and registered in England and Wales No. 09913673