

**PERSONAL
LIFE HISTORY
BOOKLET of...**

This booklet details the life of:

Preferred Name:

Original language:

Language now spoken:

Prepared by:

With:

Birth...

I was born on (date) (month) (year)

I was born at (e.g. home, hospital):

In (e.g. city, town, country):

Special circumstances and photographs
E.g. who was at the birth? Were you premature or born late?

Nicknames and preferred names...

Do you know why you were given the name you have?

What nicknames have you had?

How did you get them?

Which one/s did you like?

Parents...

I'm the child of

and

Special memories and photographs

You may like to include details such as how your parents met, photos or stories relating to their wedding, or a favourite photo of you with your parents, what your relationship with your parents was like...

Siblings...

<i>Name/s:</i>	<i>Date/s of birth:</i>

Special memories and photographs

*E.g. Did you share a room with anyone? What was it like?
What games did you play together? What trouble did you get into? What was
your relationship with each one like? Who were you closest to? What are some
of your favourite memories of them?*

Childhood...

During my childhood, I lived

Special memories and photographs

E.g. stories of childhood interests, games and friends, toys and treats, childhood illnesses and disasters, childhood holidays, chores, school stories, what you were like at school, what did you want to be when you grew up and why...

Pets

Special memories and photographs

Important Values and Beliefs...

Values and beliefs important to me are

My religious beliefs and practices are

*Special memories and photographs
May include favourite sayings, stories or incidents...*

Likes and dislikes...

A few of my favourite things...

- ◆ *Smells:*
- ◆ *Foods:*
- ◆ *Recipes:*
- ◆ *Pastimes:*
- ◆ *Seasons:*
- ◆ *Sayings:*
- ◆ *Memories:*
- ◆ *Jokes:*
- ◆ *TV shows, movies:*
- ◆ *Radio programs and stations:*
- ◆ *Music:*
- ◆ *Activities, hobbies, interests, sports:*
- ◆ *Time of the day:*
- ◆ *Others:*

Some things I really don't like:

My Daily Routine

Include details on what I like to do each day and when I like to do it (wake up, get up, have meals, read paper, shower/bath, go out, stay home etc...)

Education...

I went to school at

Special memories and photographs

*E.g. stories from school days, how you got to school,
school buildings, teachers, friends, special awards*

Turning 18/21

Special memories and photographs

Love and Marriage...

I married

On

at

Special memories and photographs

*E.g. falling in love –how did you meet? How long did you date before you got married?
Tell me about the marriage proposal? What did your family think of your partner? What
work did your partner do? Tell me about your partner's parents and siblings? Tell me about
your wedding day? What was the ceremony like? The reception? Gifts received?*

Children...

<i>Name/s:</i>	<i>Date/s of birth:</i>

Special memories and photographs

Tell me about having your children? How did you decide on their names? How did you adjust to parenthood? Are any of your children like you? Did your childhood affect the way you raised your own children? Include any favourite stories about your children and any activities you enjoyed doing together...

Grandchildren...

<i>Name/s:</i>	<i>Date/s of birth:</i>

Special memories and photographs
Include favourite stories about your grandchildren...

Work

My first job was as a

when I was years old.

My favourite job was

and I did this for years.

Special memories and photographs

E.g. your first pay packet, how you got your jobs, what other jobs you've done, any special training involved, details about bosses, workmates and positions held, volunteer work, and how you felt about your work

Retirement

I retired from work on

after

years of work,

Special memories and photographs

Did you have a party when you retired? Did you get a special gift? How did you feel leading up to your retirement, and on the day you retired? What plans did you make for new beginnings and new interests?

Friendships

My closest friends include

Special memories and photographs

Who were your best friends growing up, and what did you do together? What we talked about, clubs and societies and other entertainments, lifestyle and the price we paid, special friends, real friends, neighbours, in-laws. What activities do you do with your friends?

Hobbies and Interests

My hobbies and interests include

Special memories and photographs

What achievements are you particularly proud of? Did you ever go dancing? Were you ever involved in any clubs? Musical talents? What books and movies did you enjoy? Were you ever interested in fashion?

Sports

*The sports I really like to **play** include*

*The sports I really like to **watch** are*

Special memories and photographs

Creative Expression

Creative activities I enjoy include

Special memories and photographs

*Include music played and listened to, drama, arts, craft activities and
gardening, favourite magazines, poems, books*

Travel

My favourite trip was to _____ *in*

The best part of this trip was

Special memories and photographs

Include travel experiences, where you went, who with, and if you enjoyed travelling, and any migration / travel stories

Firsts

Cigarette?

Drink?

Date?

Dance?

Kiss?

Love?

Special memories and photographs

Homes

My favourite home was

... because

Special memories and photographs

What makes a house a home to you? Do you like a lot of space? Do you like to garden?

Family life and traditions

Family traditions I like...

Family values & punishments

Special memories and photographs

*Include family holidays, chores, traditions and how you celebrate birthdays,
Christmas, Easter and other special days, Sundays, family remedies*

My vehicles and other forms of transport

My favourite form of transport is

because

Special memories and photographs

*Include memories of learning to drive, speed limits, roads, cost of fuel, first car
trip, first car etc...*

*Appliances and gadgets from my
life*

Special memories and photographs

War Service

Special memories and photographs

Hurdles and heartbreaks

Although hurdles and heartbreaks are not usually discussed in reminiscence, it can be helpful for carers to understand painful aspects of a person's life so they can provide reassurance and comfort should the topics arise or the person become distressed. Similarly, should pain or distress arise from any area discussed in making this book, after responding to the person with comfort and support, note the event/ topic/ situation and alert others that it evoked a painful memory. Then, avoid bringing it up again.

Special memories

Achievements and triumphs

Special memories



Achievements and triumphs

Special memories

Usage details

Who: _____ *Date:* _____ *Time:* _____ *Place:* _____

How the booklet was used: _____

Reactions to use: _____

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How the booklet was used: _____

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Alzheimer's
Australia NSW
Living with dementia

Resources

- ♦ *Butel, E. (1986). A life album: ABC: Sydney*
- ♦ *Gregory, K. (1997). Personal Life History Booklet. Alzheimer's Association (SA) Inc: Glenside*