

Let's Talk ... About Me

My Life in Facts and Photos

Photo from the past

Photo from the present

NAME:

NAME

2


My name is _____.



This is me when I was younger.

This is me now.

My Schedule



Time	Event	Location	Check when done

My schedule for today

☞ I put a check mark on the schedule when I am finished each thing noted on my list.

() My schedule is on my kitchen table.

() My schedule is on my night table.

() My schedule is _____.

() I don't use a schedule.

My full name is: _____



☞ My Address:

☞ My Phone Number:

If I had an emergency I would contact:

☞ **Name:** _____

☞ **Phone:** _____

☞ **Special instructions I need to remember
in case of emergency:**

Things I must remember.

∞ **Important phone numbers:**

∞ **Other**

My birth date is: _____.



A photo of me celebrating.

A large, empty rectangular box with a thin blue border, intended for a photo of the user celebrating.

My favourite birthday memories.

A rectangular box with a thin blue border containing five horizontal blue lines for writing, intended for the user's favourite birthday memories.

This is where I live.

🌀 Address

🌀 Photo

🌀 I have lived here for
_____ years.

🌀 Some of my favourite
memories are:

My Early Years



- ✧ **Details about where I was born:**

_____.

- ✧ **This is a photo of where I grew up.**

This is where I lived in the past.



These are pictures of my living space now.



Insert photo



Describe as needed.

This is where I eat.



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 want people to know about me.



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 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

☞ Foods I do not like:

Sweets

Treats

Meats

Fruits & Vegetables

**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 but I don't do now.



I like to talk on the phone to:



Name	Phone Number

People who visit 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:

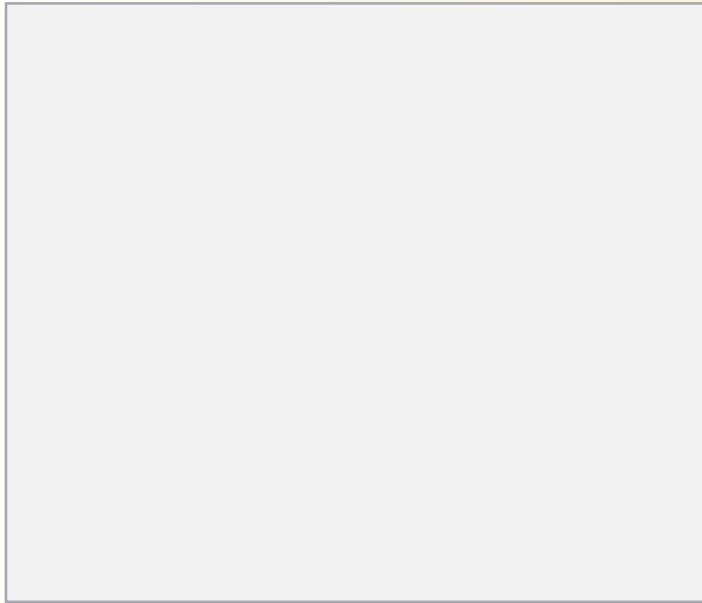
☞ How important was “getting married” to me?

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

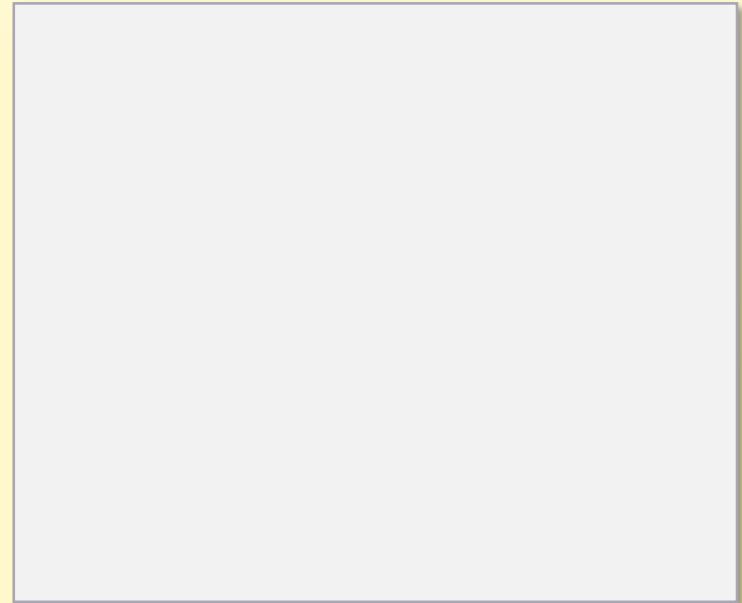
Marriage

☞ 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.



Photos and/or stories about my children.



Photos and/or stories about my children.



Special memories about my children.



**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 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.



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 from special occasions
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.



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



In partnership with AMI World Assembly, Prague (2017) AND

Anne Kelly, RN
Montessori Ageing Support
Services
Australia

www.massa.org.au

Jennifer Brush, MA, CCC/SLP
Brush Consulting
USA

www.brushdevelopment.com



Michelle Bourgeois, PhD
University of South Florida
USA

© 2017

ISBN: 978-1-926511-29-0