

Life story

FAMILY

Born: where?

Parents name:

Mother occupation:

Father occupation:

Names of brothers and sisters (eldest first)

Where were you (oldest, youngest etc)?

Other significant people in family (i.e.. Grandparents, Aunts, Uncles, Cousins, Friends):

Any other information you would like us to know?

HOME LIFE (early years)

Where did you grow up?

What games did you like to play? (eg. Physical (i.e., running, contact games, riding a bike), mental, messy play, quiet)

What games did you not like to play? (eg. Physical (i.e., running, contact games, riding a bike), mental, messy play, quiet)

Are you still friends with your friends you grew up with?

Where did you spend your holidays as a child?

Do you have fond memories of home life, play time or holidays you would like to share?

EDUCATION:

Where did you go to school?

What lessons were you good at?

What did you not like?

Did you go to college or university? Where and what did you study?

Any fond memories you would like to share?

WORK

What was your occupation/s?

Where did you work? (Company, Location)

Did you serve an apprenticeship?

Any fond memories you would like to share?

NATIONAL SERVICE

Did you do national service? Which force? Where based? Where worked?

Do you like to talk about your days in the service?

Is there anything we should know which might trigger an emotional response?

Relationships /Marriage:

Children:

Grandchildren:

Interests and pastimes:

Travel/Holidays:

Favourite music:

Favourite activities: (shopping, horse racing, coffee mornings, going to the pub)

Friendships:

Pets:

Sports:

Hobbies:

Routines: (ie, read the paper, listened to the Archers, feed the birds, shopping,)

Spirituality:

Illnesses:

Greatest achievements:

Personal challenges:

Personality:

What would family and friends who knew them well say they liked and disliked about the person:

Dementia journey:

Are there any events in life or dates which may impact the provision of care? I.e. Claustrophobia, childhood trauma, PTSD, known triggers which cause distress.

When unsettled what usually works to sooth/cope with feelings?