

Personal History / Memory Book

Last updated: _____

A life story snapshot, so helpers can connect with the person I support through shared memories. Fill in by hand.

Name of the person I support: _____

Emergency contact & phone: _____

Name they like to be called: _____

Nicknames: _____

Birthday month: _____

Birthplace or hometown: _____

Tip: Use these details to start conversations, not to quiz memory. If they tell a story differently, go with their version.

Photo
Tape a photo here

Where they grew up, and what it was like

Family *(names, and who they are)*

Spouse or partner: _____

Siblings: _____

Children: _____

Grandchildren: _____

Pets they have loved: _____

Work and career, and proudest accomplishments

Military service *(if any)*

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Private health information. Store securely.



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Faith or spiritual life *(if important to them)*

Hobbies, talents, and interests over the years

Favorite places, travels, and traditions

Important life events and milestones

Music, era, and culture they connect with

Stories they love to tell

Gentle ways to prompt them:

Topics that bring joy

Topics to avoid or handle gently *(for example, losses)*

