

# Information to help you make a Memory Book, Memory Box or Talking Photo Album



## The purpose of creating this

It is really important that details about the people we work with and care for are not lost and forgotten. This can happen though, especially when people move home or when the person or their family members are no longer able to tell us the stories about the person.

A memory book, box or photo album aims to gather together the important stories and memories that people have that we can tap into, to:

- ✓ Promote conversations and interactions that are positive and meaningful
- ✓ Remind people of the things they used to do and the people who were in their lives
- ✓ Help people to know what skills remain so that these are reinforced
- ✓ Learn things about people which surprise us and amaze us and helps to promote positive images of people
- ✓ Gives everyone a chance to contribute information, particularly the family.

Gather together any photos that relate to the stories and memories. You can use the questions below to make a resource that will be the most meaningful for the person e.g. memory book, photo album, scrapbook, memory box, or talking photo album.

This is the name I like you to call me

e.g. my name is Rebecca please don't call me Becks, Becky, or Becca

I was born in .....

Stories or memories about the person growing up?

e.g. I loved sitting in the back garden by the pond.  
I went to the paper shop every morning to get a paper.  
I always liked my bedroom painted yellow.

My Family, friends, partners, carers and pets:

These are the important people in my life

Names, relationship to me, where they lived and what they did for a living

Where I have lived (Try to get photos or take a photo)

Addresses, and who I lived with

## My Holidays

(Find out where people went on holiday, how they travelled and who they went with. Are there any stories or memories about them?)

## My Schools, Daycentres, Jobs

(Ask about favourite subjects, activities, friends and other people in these places, what did they do at work, any certificates or photos)

## Lovely comments about me!

As people talk, they will probably say things that they admire or like about me, e.g. "she was a great cook"  
"she has a lovely smile".

## What I am good at (skills I have retained)

e.g. I can still brush my hair if you hand me the brush,  
I can pay in a shop if you give me the money, I can  
choose my clothes.

## Things I don't like

e.g. Bad weather, carnations, spaghetti, sleeping under a duvet.

## Hobbies and interests I **used** to like to do or still like to do now.

e.g Bingo, going for a drive, disco, singing 1960's music, cooking, folding laundry, tidying up, horse riding, computer games, favourite colour, favourite food and drink.

Important roles and routines (in the past and now).

i.e. "It was really important to me to go to work at St Georges", "I like to sit in the chair next to the window in the lounge, so I can watch everyone who walks by outside", "It's my job to lay the tables before lunch".