



100 Questions

One of the biggest responsibilities and joys of being a caregiver is getting to know your client! Asking a client about their past is also a fantastic way to engage their mind.

Long-term memory stays intact the longest, so for someone with dementia these earlier memories in life help orient them to be anchored and secure. They can feel more confident and relaxed and this can help them to speak with authority on events from their past, such as their working lives or family.

They may be a little worn from the weather now, but “back in their day” they were hot stuff! So, take the time and get to know your client. The 100 questions in this activity can be completed over a long period of time as a project for you to work on with your client together.

The end hope is to create a memoir for their family to keep one day when they move on from this world.

**A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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 **100** 
QUESTIONS



NAME: _____

Family Life

1. What is your full name? _____
2. Do you have a nickname? _____
3. When were you born? _____
4. Where were you born? _____
5. What are your parents' names? _____
6. What did your parents do for a living? _____
7. How many siblings do you have? _____
8. What is your birth order? _____
9. What are your siblings' names? _____

10. Did you know your grandparents? _____
11. What do you remember about them? _____

12. Did you have any pets? _____
13. What were your pets' names? _____
14. What were your chores growing up? _____

15. Did you get an allowance/how much was it? _____

Family Life

16. Were you an obedient child or did you get into trouble?

17. Did you attend church/temple as a child? _____

18. Where did you go? _____

19. What life lessons did you learn from your parents?

20. What is your best childhood memory?



School Days

21. When did you start school? _____

22. What is the name of your elementary school? _____

23. Name your favorite teacher? _____

24. Why were they your favorite? _____

25. Who was your first best friend? _____

26. What did you wear to school? _____

27. How did you get to school? _____

28. What did you do for recess? _____

29. What was your favorite subject? _____

30. What was your least favorite subject? _____

31. How were your grades? _____

32. What did you do after school for fun? _____

33. What was your favorite TV show? _____

34. Did you play sports? _____

School Days

35. Did you have a favorite sport? _____

36. Did you play an instrument and which one? _____

37. What was a popular toy/board game? _____

38. Were you in any clubs? _____

39. Were you more of the class clown or shy? _____

40. What is your favorite school memory? _____



Teenage Years

41. What music did you listen to as a teenager? _____

42. How did you spend your spare time? _____

43. What was everyone wearing? _____

44. What was your first car? _____

45. When did you have your first date? _____

46. What was their name? _____

47. Where did you go? _____

48. Did you have a curfew? _____

49. Did you have a part-time job in high school? _____

50. What was your hourly wage? _____



After High School

51. Did you go directly to work after high school? _____

52. Did you go to college or join the military? _____

53. What college/military branch? _____

54. What was your major? _____

55. Where was your first full-time job? _____

56. What were you doing? _____

57. What was your starting salary? _____

58. How long did you work there? _____

59. Did you like your boss? _____

60. Who was your favorite coworker? _____



Love and Marriage

61. How did you meet your spouse? _____

62. How did you know they were the one? _____

63. Can you tell me about the proposal? _____

64. When did you get married? _____

65. Did you have children? _____

66. How many? _____

67. What are the names of your children? _____

68. How long have you been married? _____

69. What were some of your best times? _____

70. What were some of your most difficult times? _____

Raising the Kids

71. Did you live in an apartment or a house? _____

72. When did you buy your first house? _____

73. Where was it? _____

74. Who was your favorite neighbor? _____

75. How did you spend Saturday nights? _____

76. Where did you go on family vacations? _____

77. How did you spend the holidays? _____

78. Did you coach your children's team? _____

79. Were you involved in your children's school? _____

80. Did you raise your children in church/temple and where?



Empty Nesters

81. When did you retire? _____

82. Do you have grandchildren? _____

83. How many? _____

84. What are their names? _____

85. What is your favorite thing to do with them? _____

86. Did you travel? _____

87. What cities and countries have you visited? _____

88. Which is your favorite city or country? _____

89. Did you do any volunteer work? _____

90. Why that organization? _____



Pondering Life

91. Do you have any regrets? _____

92. What would you have done differently? _____

93. What event was a turning point in your life? _____

94. Who has impacted your life the most and why? _____

95. What is your greatest accomplishment in life? _____

96. What is the most important thing to you in life? _____

97. What are you most grateful for in life? _____

98. What life lessons would you like to share? _____

99. What is your heart's desire at this time in your life? _____

100. What would you like to share as your last answer? _____

We hope you will enjoy this beautiful momento over and over again documenting the many chapters of your loved one's life. May you be blessed every time you read it remembering their special qualities and the love you share.

Thank you for trusting us with caring for your loved one. It is our honor and privilege to service your family.

May God bless you and those you love.

"He will wipe away every tear from their eyes,
and death shall be no more, neither shall there be
mourning, nor crying, nor pain anymore, for the
former things have passed away."

- Revelation 21:4