

ALL ABOUT *Me!*

Long-term memory often remains stronger longer in people living with dementia. It can be wonderful to engage your client in discussions or activities about their lives. It's also a fantastic opportunity for you to learn more about your client!

Understanding more about your client will help you provide better care. Learning how they got to where they are today from childhood memories, possible loss or heartbreak and other surprises in life will help you to “get” your client and meet their emotional needs also.

On top of that, families are so busy today they can barely manage what essential tasks **MUST** be completed, that there simply is no time left to sit down and document their loved one's life. But these precious memories are so important to pass down to the next generation!

From drawing a lifeline to making a scrapbook, celebrate key events in your client's life. While you will be engaging your client in fun and meaningful ways, you will also be creating family keepsakes that will be treasured. So, grab your client and together, go down memory lane!

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

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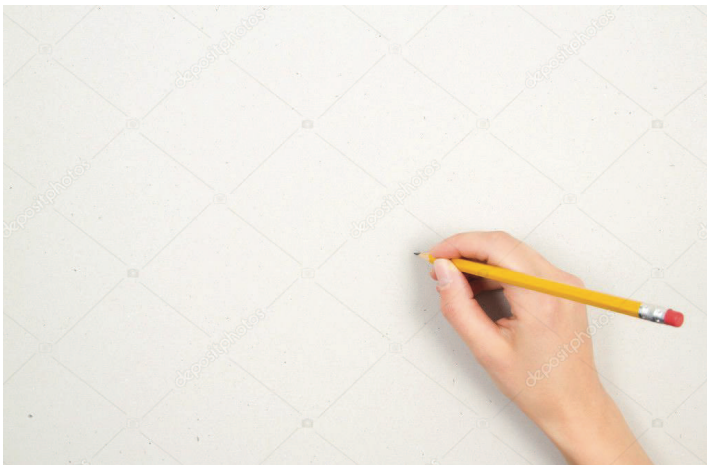
TELL ME MORE

Using a cell phone, video your client while asking them questions about their life. Ask them about their childhood, early years of life, family life, and career. More questions to ask your client: What was a major turning point in your life and how did it affect you?



What are some challenges you have overcome in life? What accomplishments are you most proud of? End with their sage advice they would like to offer the world. For example: What is the secret to a long marriage? This is certainly something you will want to share with your client's family.

DRAW A LIFELINE



A lifeline celebrates key events that led one to where they are today. Use a large sheet of paper (tape 2-3 horizontal pieces together), butcher paper or poster board and colored markers. On a straight line indicate important events of your client's life. Use circles for the years or decades. Use

rectangles to write what was the corresponding important event. Ask them when they were born, started school, graduated college, moved, met their spouse, had children, got a job, or started a business and so on. You can also include memorable trips, first car, first house and so on. Add photos if possible.

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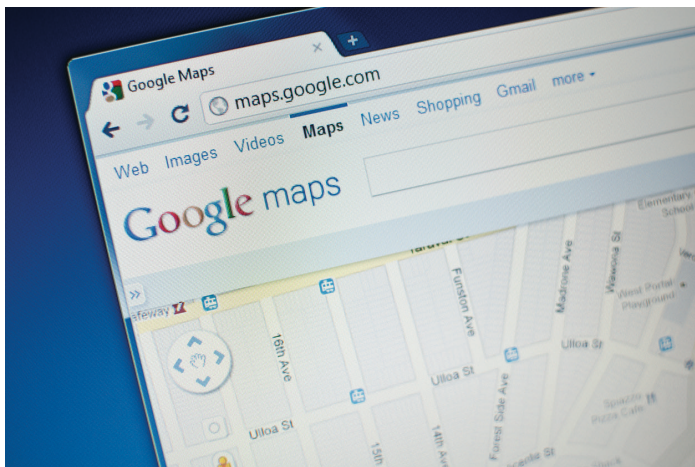
LIFE STORY MEMENTO

There may be no activity for seniors more meaningful than capturing their own life story. Either in written form or by gathering your client's photos and mementos, together create a scrapbook. If your client cannot write anymore, write down the highlights of their life for them. While



organizing the photos and mementos, ask questions to get your client talking about who, what, where and when for each memory. You will be creating a wonderful life story memento for your client to sit and enjoy repeatedly reminiscing about their life while leaving a keepsake for your client's loved ones as well.

MY HOMETOWN, USA



Print a google map of the hometown where your client grew up. Using colored pencils either have them color or trace the map of what they can remember from childhood. Go with them down the streets asking questions about their home, school, house of worship, village green, or the L

Train. While there may be new businesses and even streets from when they grew up, the established neighborhood buildings that make up a community should still be there to reminisce.

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MAKE A SCRAPBOOK

Leaf through old magazines, catalogs or calendars that reflect your client's hobbies or interests. Have your client cut out images they like using safety scissors and glue the pictures into a notebook creating a fun scrapbook. Review often with them over a cup of tea.

