

Worksheet 3:

Life history

Every individual with dementia would benefit immensely from having an up-to-date Life History profile. This is a 'working document', so it must be available for carers and anyone else supporting a person with dementia to refer to and add to at all times. It provides the foundation for person-centred practice and meaningful activities.

There are no definitive 'dementia specific' life history formats; however, all should contain the following categories:

- **Introduction to life**
(date and place of birth, parents, siblings, historical events at the time)
- **Childhood**
(school, play/games, friends and family, pets, chores, educational achievement)
- **Working life**
(qualifications, jobs, work mates, salary, achievements, setbacks, awards)
- **Significant life events**
(relationships, children, grandchildren, achievements, losses, health)
- **Significant places**
(birth, 'home', holidays, religious or spiritual sites, buildings)
- **Social activities & interests**
(sports, pubs, clubs, cinema, theatre, music, cars, fashion, TV, etc.)
- **Later life and retirement**
(pros and cons, leaving job, leisure, relationships and responsibilities, activities)
- **Life now**
(What I like to eat and drink, things I enjoy, my likes and dislikes)
- **Wishes for the future**

Reflect on the list above and discuss the key milestones (significant life events and/or significant places) in your life. Please remember: only share what you are comfortable to share.