Life story questions

Open prompts for a life story book. Ask one at a time, let them lead, and keep their answers in their own words, and their own voice.

- Let them lead. Ask one question, then follow wherever the story goes.
- There are no wrong answers. Never test their memory or correct them.
- Ask before you record, keep sessions short, and stop when they're tired.

ABOUT YOU

1 What would you like people to call you?

2 What would you like people to know about you?

GROWING UP

3 Tell me about the home you grew up in.

4 Who were you closest to as a child?

5 Tell me about a teacher or a friend you remember.

WORK AND THE THINGS YOU MADE

6 Tell me about your first job.

7 What are you proudest of?

LOVE, FAMILY AND FRIENDS

8 Tell me about someone who changed your life.

9 Tell me about a day you'll always remember.

10 Who made you laugh the most?

PLACES

11 Tell me about a place that feels like home.

12 What's the best place you've ever been?

THE THINGS YOU LOVE

13 What music takes you back? Hum a bit, if you like.

14 What meal tastes like home?

WHAT MATTERS

15 What matters most to you?

More help: phijournal.app/blog/life-story-book-dementia