

How to Create Your Own Memory Book

A memory book is an excellent way for elderly people to record their memories for others to enjoy their lifetime legacy in stories.

Buy a nice quality notebook in which to write the answers; or, use a recorder or video the session as an interview. The process is sure to stir many stories that will be enjoyed by all. Give the questions to the older person ahead of time so there is plenty of time to think about the answers and to have stories at the ready.

First, start off with a little background information:

- Name
- Date and place of birth
- High school attended; college attended
- Marriage date; number of years
- Children: names and birthdates
- Where are your parents originally from?
- Where did you live as a child?

Early childhood memories:

- What was your favorite childhood memory?
- What do you remember most about your hometown?
- Did you enjoy school? Why or why not?
- What was your most embarrassing moment in school?
- Did you ever have a nickname?
- Who was your best friend and why?
- Do you have any regrets about your education?
- What were the current fads of the time—dress, customs, food, games, etc.?
- Do you remember your senior prom? What was it like?
- What games did you like to play?
- What was the best birthday present you ever got?

Marriage and children:

- When and where did you meet your spouse?
- When and where did you get married? What was the wedding like?
- Do you remember buying your first home?
- How long did you live there?
- What is your favorite memory in this home?
- How did you react to your/your spouse's first pregnancy and birth?
- How did you react to your first grandchild?



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Relatives:

What is your most vivid memory of your:

- Mother?
- Father?
- Siblings?
- Aunts or uncles?
- Grandparents?

Introspective questions about self:

- What do you see as your unique qualities?
- What are some important values and traits you possess that you would like to see continued in your family?
- What is one thing that you would have liked to have done, that you did not have a chance to do?
- If you could have only one memory in your life, what would it be?
- What is your greatest regret?
- Describe your funniest memory.
- What do you want people to remember you for?
- Describe your most frightening experience.
- When have you felt most alone?
- What has been your greatest disappointment?
- What have been the major turning points in your life?
- When have you felt life has been most challenging?
- What has been your greatest accomplishment?
- Describe your proudest day.

Traditions:

- Did religion have a major influence in your upbringing?
- Describe any unique traditions your family had.
- Describe your most memorable holiday.

Hobbies and talents:

- Did you play sports? If so, what sports did you like to play?
- Did you ever win a trophy or a medal? If so, what for and what was the award?
- Did you belong to any clubs? What were they? How long were you a member?
- What was your first job? How much did it pay?

Historial events:

In relation to our society and world, in your lifetime, describe:

- The most significant historical event
- The greatest disaster

For more information or to make a patient referral, please call Eastern Maine HomeCare toll-free at 1.866.591.8843.