

Personal Fact Sheet

Take a minute to get to know me! Much like you, my life has been filled with challenges, joys, sorrows, laughter and all sorts of adventures!

Although I have difficulty expressing my memories of past years, I would love to share them with you. Here are some facts about my life which will help us visit and enjoy our time together.

Thank you for bringing my world back to me.

Name: _____

Place of birth (village, city, country): _____

Other places I called home: _____

My parents were: _____

Brothers & sisters (older/younger): _____

Favorite pets (child/adulthood): _____

Favorite pastimes (books, authors, music, instrument/song, sports, teams, special skills): _____

I married _____ on _____
at (location) _____

In our life, we enjoyed the following together:

Our family included (names & birthdays of children or significant persons):

Today, I enjoy talking about:

I enjoy using (list physical activity prop which elicits responsiveness):

I enjoy looking at (name book or pictures preferred):

My preferred Discover Kit to reminisce with is the:

If we can sit together and read, I prefer:

Poetry: _____

The newspaper (list preferences):

Humorous shorts:

Specific personal preference:

I would enjoy a snack or beverage while we visit (state preference):

Other points to ponder while preparing to visit might include:

N.B. be sure to list family losses or cautionary areas to be sensitive to individual's emotional, physical or other personal needs.

Discovering Adventure in Special Care/Rosemary Dunne/June 1995.