

# Life story / Communication Book

## About Communication Books

Communication books are personalised books with important information about you. This is a way to share memories, experiences, and preferences. It also gives information about how you communicate and how others can support your communication. It will allow you to be involved in meaningful conversations.

## Making a Communication Book

It is important to include you in making the book because the book is about you!

The following pages include a questionnaire to find out more about you. The headings are only a guide.

Give as much or as little information as you like – some information may be too sensitive to be included. Care should be taken to protect your privacy.

## Photographs

Photographs can make your book more personal. Please send us copies/ originals of photos you wish to include e.g. favourite holidays, wedding day, pets. It is helpful to label your photos too.

If you only have original copies of some photos, we can collect, scan and return these to you.

## Contact

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Please get in touch if you have any questions or comments.

## **A) LIFE HISTORY INFORMATION**

- **Place and date of birth**
  
- **Places I lived** (if possible include when lived there)
  - As a **child**
  - As an **adult**
  
- **Primary school**
  
- **Secondary school**
  
- **Any further education (if applicable)**
  
- **Previous occupations including military service (if applicable)**

- **Pets / animals**
  - What kind, when, names
  
- **Name of partner / spouse (if applicable)**
  
- **When and where did you meet?**
  
- **Date and place of partnership / marriage (if applicable)**
  
- **Partner's / Spouse's occupation (if applicable)**
- **Daily / weekly routines**

<b>Day</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

- **Favourite memories**

- What are my important memories?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What do those who know me, say they like and admire about me?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- Friends and family would describe me as... e.g. easy-going, friendly,
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What's important to me? What's my philosophy of life?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- Any particular likes/dislikes?

**B) WHO IS IMPORTANT TO YOU?**

List **relatives** who are important to you e.g. parents, siblings, children, grandchildren  
Photos of the people important to you help to add colour and interest to your book. Please label photos with the names of those in them.

<b>Relative name</b>	<b>Relationship to you</b>	<b>Additional Information</b>
<i>e.g. Bill Smith</i>	<i>My youngest brother</i>	<i>Bill lives in Glasgow, we chat on the phone once a week.</i>

List **other people** who are important to you e.g. friends, neighbours, carers,

<b>Name</b>	<b>Relationship to you</b>	<b>Additional Information</b>
<i>e.g. Jane Doe</i>	<i>Friend</i>	<i>Jane and I met when we worked in the bakery together. Jane lives in Inverurie.</i>

### **C) INTERESTS**

- Please tell us about the **interests and hobbies** which are **now** or **have been important to you** and which you would **like included in your book**.
- Please add in any details e.g. I knitted clothes for my children.
- If any of the interests listed are **not relevant** please **leave blank**.
- Please send in **photos** of you doing these activities.

#### **Crafts / DIY**

e.g

- Knitting / crocheting / sewing
- DIY
- Painting / drawing
- Photography
- Cooking

#### **Outdoors**

- Walking - *any particular places?*
- Gardening
- Sports
  - Which sports?

#### **Out and about**

- Bingo
- Pub
- Restaurants / cafés
  - Which ones? What foods?
- Shopping
  - What shops?
- Socialising / conversation
  - Clubs / societies
  - What kind, how often?

## Interests

- Television/Film
  - Which programmes/films? Which actors?

- Radio
  - What stations / programmes?

- Music
  - What kind?
  - What instruments played?

- Magazines / newspaper
  - Which ones

- Books
  - What kind? Audiobooks?

- Sports
  - What kind? Teams

- Religion / beliefs

- Politics



## **Travel / holidays**

- Where and when?

## **Personal appearance**

- Any particular clothing styles? Favourite clothes?
- Do you go to the hairdresser?
- Do you like to wear Make-up?
- Any favourite jewellery or accessories that you like to wear? e.g. scarves, hats, bracelets
- Do you like having a manicure or pedicure?
- Shaving – do you prefer a wet shave or electric shave? Or do you prefer to have a beard / moustache?

**Any other interests or hobbies not covered above?**

**Use this page for any additional information:**