



Saint Joseph's Shankill

Dedicated to Dementia Care

Your Life Story

The people who live in Saint Joseph's Shankill all have a life story. We'd like you to think about yours.

Here are some suggestions to get you started:

- *Your name*
- *Your nicknames*
- *Your date and place of birth*
- *Your parents, siblings and close relatives*
- *Your childhood home*
- *Your favourite toys when you were young*
- *Your pets (if any)*
- *Games you liked to play when you were younger*
- *Your best friend(s) in primary and secondary school*
- *Your favourite subjects in school*
- *Places you've travelled to*
- *Your favourite holiday*
- *Your hobbies*
- *Your likes and dislikes*
- *What's important to you*

Now think about your belongings:

- *If you were to move to another place which three belongings would you bring with you?*
- *Why did you choose those three belongings?*

Your Life Story is personal to you and we will not ask you to share this. It is to help you think about who and what is important in your life - what makes you unique.

In Saint Joseph's Shankill it's important that the people who live here can still be themselves. That's why their life stories are so special.



My Life Story