



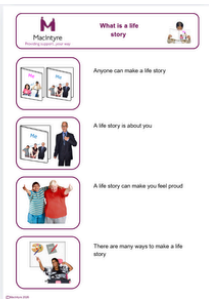
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Providing support...your way

A Life Story

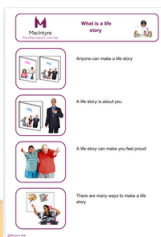
About this document



This document is about creating a Life Story and shows you what a Life Story is



It gives you ideas of how to start your Life Story



It will help people understand why a Life Story is helpful



It helps you remember things that matter to you and will help you share your life with staff, family and friends



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What is a Life Story



Anyone can make a life story



A life story is about you



A life story can make you feel proud



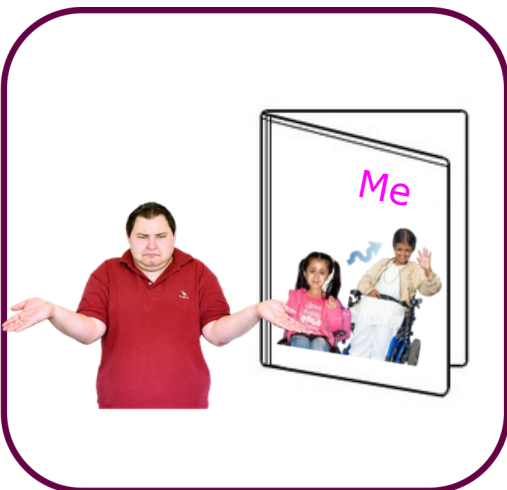
There are many ways to make a life story



Everyone will have a different story



We all have a story



Life story is about these things



Memories that you have made



Things that are important to you



You can add new things to your life story



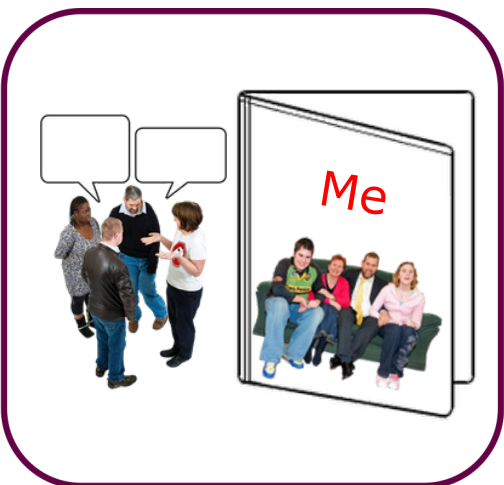
Your life story can help you remember things



You can show your life story to friends and family



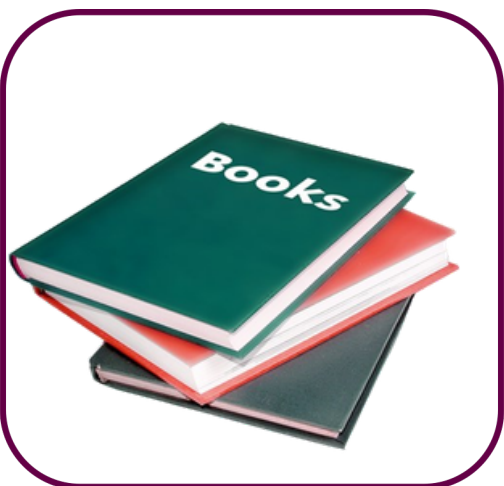
You will always have your life story



Life story can help you share what you have done in your life



Here are some ways that you can make a life story



Books



Photos



Memory boxes



Record your voice or yourself



This document was:

- Checked and signed by MacIntyre Advisors
- Made with photosymbols
- Made during the MacIntyre Dementia Project