A Memory Book Script

Below are ideas for you to begin putting together a memory book for a loved one with dementia or Alzheimer's to help them hold on to and celebrate their precious life memories. Use this as a guide to give you ideas of what to include and adapt it to the life experiences and personality of your loved one.

Once you have your script ready, sit down for a visit with your loved one and enjoy a walk down memory lane, filling in the blanks where needed. Don't try to do it all at once as it can be overwhelming for them. Maybe set aside one or two days a week over tea and snack to visit and ask a few questions each time, and watch your loved one come alive with their good memories. You will be the one blessed for asking and sharing those precious moments together.

For more information and ideas on putting your memory book together with photos, see my post on A Memory Book for Mom @ CreatingDailyJoys.com.

Cover and Title Page _________________________________________________

Page 1

The date was _________________________. I was born in _________________________________,
to __________________________________. They named me ______________________________,
after ________________________________.

Page 2

As a child, I loved to play __________________________________________________________.
I remember my dad taught me to _____________________________________________________,
and I learned how to ____________________________________________________________ from my mother.

Page 3

Growing up, we lived in and around ________________________________________________.
I graduated from high school in ________________________, class of '__________.
My favorite pet(s) growing up were ________________________________________________.

Page 4

My brothers and sisters, from the oldest to youngest, are ________________________________.
Here is a picture of most of us (as kids and/or adults).

Page 5
I went to college at ______________________________ and majored in ______________________.

Or – After high school, I ____________________________________________________________.

I moved away from home at age __________, and made my first home in ____________________.

Page 6
During my twenties, I was busy __________________________________________________________________________.

(Add a couple short sentence about work and relationships or marriage and starting a family)

Page 7
Throughout the years, we also lived in ______________________________________________________________________

where I/we ________________________________________________________________________________________.

My favorite place and home where we lived was __________________________________________________________________________.

Page 8
During my 30's and 40's, I accomplished ____________________________________________________________________________.

Of all my jobs throughout my carreer, I enjoyed ___________________________________________________________________________ the most.

Page 9
Some of my favorite memories of my children growing up are ________________________________

__________________________________________________________________________________

Page 10
I became a grandparent for the first time in __________, when _______________________ was born.

My favorite memory of _________________ is ____________________________________________________________________________.

Page 11
In __________, _________________ was born, and _________________ followed in ____________.

My favorite memories of _________________ and _________________ when they were little are _________
Now I am the proud Great-Grandparent of these beautiful grand-children: ______________________
__________________________________________________________________________________.

_________________ and I were privileged to be able to travel to many wonderful places. Some of my
favorite trips were to _____________________________, _______________________________, and
________________________________.

I/We also made some wonderful friends through the years. Some of my favorite people are
_________________, _________________________, _____________________________.

What I look forward to most everyday is _________________________________.

I've learned so much during my life. Some of my most important lessons and challenges have taught
me about _________________________________________________________________________.

If I could leave one bit of wisdom for my children and grand-children, it would be _______________
_________________________________________________________________________________.

For more tips on Caregiving and living with Alzheimer's in your family, visit CreatingDailyJoys.com.