

Information for patients and carers

Putting together a life history book

A life history book includes **important people, places, interests and events** from someone's life.

You can include:



Important information: eg what you/they like to be called, **likes** and **dislikes, topics to avoid!**



Communication: It can include **ways to help me understand** and **ways to help me get my message out.** Your Speech and Language Therapist can advise you on.



Family, friends and pets:

Named photos and how you know them (and for how long) e.g. Bob who I went to school with.



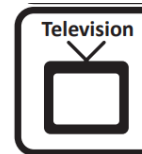
Education and Work: A bit of **your life history**



Important places: Where you **grew up**, places you've **lived**, places you've **travelled** or **would like to travel to.**



Hobbies and interests: TV, gardening, art – whatever you enjoy spending your time doing



Topics to talk about: things you like to talk about e.g. food, news, politics, your ideas, family

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				

Some people like to also have pages for **days of the week, months of the year, numbers** and an **alphabet chart**, if these are **helpful to point to**.

YES	NO
✓	✗

Some people also include a **simple communication chart** at the back with things **you may want when you are out and about** or to tell carers e.g. tea/coffee, **toilet**



We will give you an “**About Me**” form to complete but the more information you can give us the better.

Please provide family photos, holiday pictures etc – don’t forget to **add names**.

If you have any questions Speech and Language Therapy, tel (01284) 713303.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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