

# All About Me – A Conversation Starter Instructions

Last date revised: *Insert date of the last time the revision, this is to ensure that the information is up-to-date*

**Note:** *as much as possible, this Conversation Starter should be written from the individual's perspective.*

## I like to be called...

*Individual's name, nickname or title*

## In the past I...

*In this section, note past careers, places the person lived, favourite events or activities and important aspects of their past.*

## I enjoy...

*Note the things the individual enjoys such as favourite foods, activities, topics of conversation, people, music, etc.*

## I don't like...

*Note the individual's dislikes, such as severe allergies or types of foods, music, weather, topics of conversation. This information can help others understand some possible triggers that make the individual uncomfortable.*

*Insert photo here*

## A typical day for me could include...

*Note how the individual likes to have their day start and end, such as morning and evening routines, social and leisure activities, and meal times. What brings comfort and pleasure?*

## Who knows me best?

*List the names and relationships that are important to the individual, such as whom s/he confides in, people s/he enjoys spending time with, and who the individual identifies as their "family". Note this may include people who are no longer living or who reside far away.*

**Alzheimer Society**

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# All About Me – A Conversation Starter Sample

Last date revised: 18-09-2014

## I like to be called...

**Margaret**

## In the past I...

- Was a secretary
- Lived in Saskatoon, Saskatchewan
- Traveled throughout Europe
- Had a dog named Pepper
- Learned to fly an airplane
- Volunteered at a Food Bank

## I enjoy...

- Exercise and movement
- Singing
- Talking and being heard
- Folk Music
- Photography
- Bird Watching
- Knitting and Sewing
- The hot weather

## I don't like...

- Asparagus
- Thunder and Lightning
- Drinking ice cold liquids
- People startling me by approaching from the back
- Having television on all the time
- Winter



## A typical day for me could include...

- Starting my day with a cup of tea
- Going for a walk
- 1 hour of quiet time to sew or knit
- Phone call in the evening with my daughter
- A visit from my friend Corinne

## Who knows me best?

- My friend, Corinne
- My husband, Joe (died Nov 2004)
- My neighbour, Hiroko
- My church friends
- My bingo group

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# All About Me

## A Conversation Starter

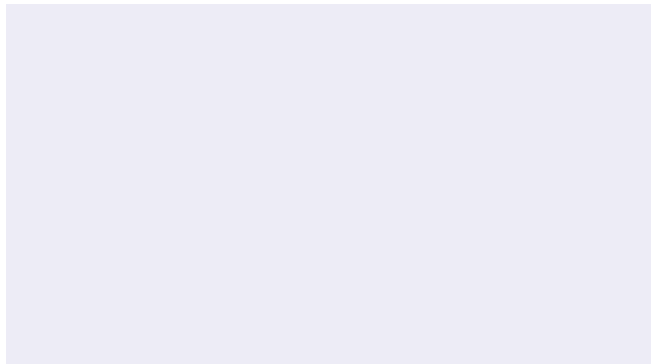
Last date revised:

I like to be called...

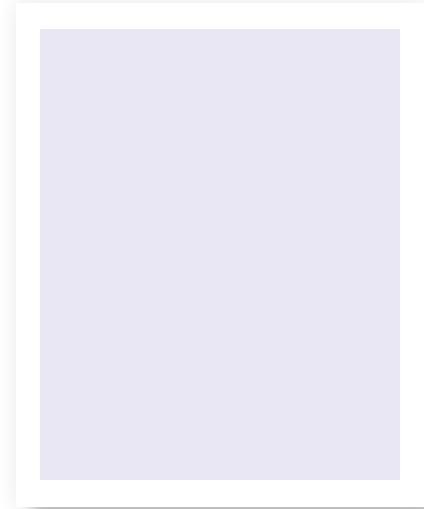
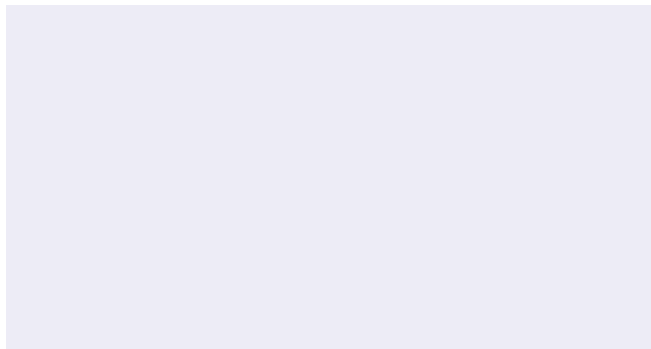
In the past I...



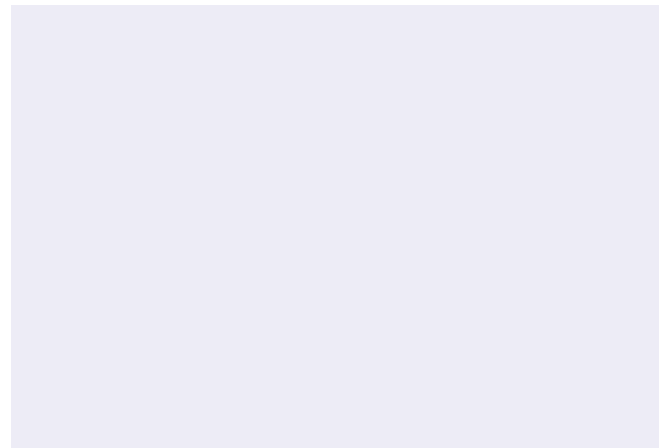
I enjoy...



I don't like...



A typical day for me could include...



Who knows me best?

