



DementiaUK
Helping families face dementia

Life story template

A life story is a record of someone's personal information, past and present life, and future wishes. It can be shared with family members, friends and health and social care professionals so they understand more about the person and can provide the best possible care and support.

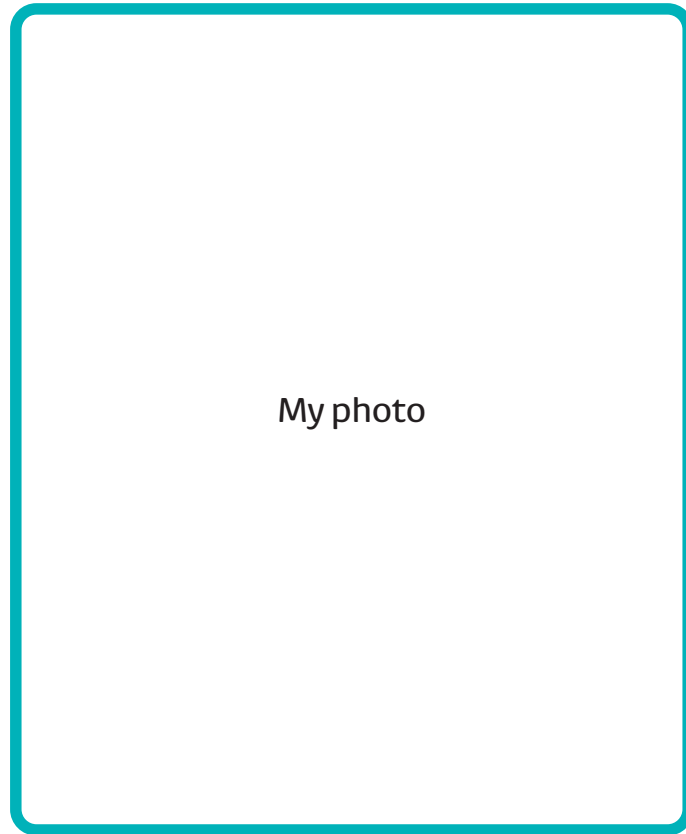
Ideally, the person with dementia should be closely involved in creating their life story. You may want to use this template alongside other forms of life story, such as a memory box, videos, collages or audio recordings. You can also include things like photos and mementos (for example postcards, tickets, programmes, certificates, souvenirs).

This template is a flexible document that you can use as you choose. You do not have to complete every section or include everything we have suggested. You can revisit and update the life story as often as you like.

We have included a brief section covering care needs; however, if the person with dementia has new carers, is moving into a care home or going into hospital, you might wish to record these separately and in more detail. Some hospitals and care settings have their own templates for recording care needs.

At the back, there is a blank page for additional information – you can make extra copies of this if you need more space.

My life story



My full name is

I like to be called

My date of birth

This life story was written/updated on



People and pets who are important to me

Use this page to describe the most important relationships in your life and why they matter to you, for example:

- immediate family (husband/wife/partner, children, parents, siblings)
- wider family (eg aunts/uncles, cousins, nieces/nephews)
- friends, neighbours and colleagues
- carers and helpers
- pets



My care needs

Use this page to record care and support needs, for example:

- medical conditions
- medications taken
- sight or hearing difficulties, including whether glasses, contact lenses or hearing aids are used
- daily support needs – for example help with eating/drinking, mobility, personal care
- communication needs and tips

My early life



Use this section for information and memories about your early life, for example:

- who you lived with and where
- memories of school days
- other special memories – for example days out, holidays, parties
- the people who were important to you – for example family members, friends, teachers
- childhood pets
- hobbies and games you enjoyed
- favourite bands, music, TV programmes, films, sports teams etc



My working life

In this section, you can include information about your present or past working life, for example:

- your current/most recent job – title, workplace, details of your role
- your profession and the sector you work/worked in
- when you retired (if relevant)
- your first job and other past jobs
- qualifications and other achievements
- significant working relationships
- other work – for example raising a family, managing the household, volunteering

Include photos, job descriptions, certificates etc if you wish.

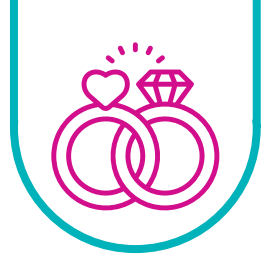


Places that matter to me

In this section, you can record information about places that are important to you, for example:

- your current and previous homes
- homes of relatives and friends
- places where important events took place such as studying, births, weddings, anniversaries
- favourite holiday destinations and places you have visited
- places of worship
- day centres, lunch clubs and respite care
- places you enjoy visiting or would like to visit

You could include photos, postcards, tickets etc.



My important life events

This section is for occasions and events that have had an impact on your life, for example:

- finishing school, college, university or other training
- meeting a long-term partner
- wedding/civil partnership day and honeymoon
- births of children, grandchildren and other important people
- moving house
- holidays
- anniversaries
- loss of a loved one
- national or global events that have affected you

Please only include things that you are comfortable with other people knowing.



My lifestyle now

Think about what your life is like now. You could include:

- people you enjoy spending time with
- items that are important to you – for example books, smartphone/tablet, photographs, artwork, ornaments, soft toys, furnishings
- your daily routines
- the environment you like to be in – for example do you like being in a quiet place with your own company, or a lively atmosphere with other people?
- topics of conversation that you enjoy or prefer to avoid
- any fears or phobias
- what comforts you if you are distressed



My sexuality and gender identity

If you are comfortable, you can use this section to record:

- how you would describe your sexual identity – for example heterosexual, homosexual, bisexual
- how you would describe your gender identity – for example female, male, transgender, non-binary
- if applicable, the pronouns you use: he/him; she/her; they/them



My religion, faith, spirituality and political beliefs

Use this section to record:

- your religion/faith, if any
- places of worship that you attend
- your faith leader and other important people in your faith community
- spiritual customs, practices and rituals that you follow
- religious festivals that you observe
- religious books or items that are important to you
- any support you need/would you like to help you practise your religion
- your political beliefs

Activities and interests



Use this section to record information about past and present social activities, interests or hobbies, for example:

- current and previous hobbies and interests
- sports you follow, teams you support and sportspeople you admire
- clubs, groups and other social activities that you go to
- days out that you enjoy
- activities you would like to try

Music



Use this section to record your music preferences, for example:

- styles of music you like/dislike
- favourite singers, bands and musicians
- favourite pieces of music: you could include links to playlists
- favourite radio station or podcasts
- whether you like to have music on at home, in your room or in the car
- musical instruments that you play or played
- music groups or activities that you enjoy – for example choir, band, singing groups for people with dementia, live concerts

TV and film



Use this section to record information about your TV and film likes and dislikes, for example:

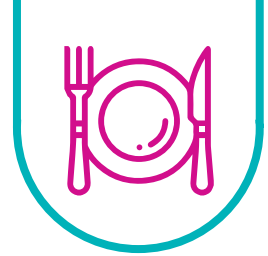
- favourite TV shows and films
- favourite genres of TV/film – for example period dramas, thrillers, comedy, soaps
- favourite actors
- any genres, particular films or TV programmes that you dislike
- any support you need with watching – for example subtitles or sign language



My appearance and personal care

Use this section to record your preferences about your appearance and personal care, for example:

- your clothes and shoe sizes
- your favourite clothes or styles
- any clothes, fabrics or styles you dislike wearing
- any religious dress and/or jewellery that you wear
- your preferred nightwear
- jewellery or accessories that you like to wear
- the cosmetics and toiletries you use
- whether you like to wear makeup and have your nails done
- whether you prefer to have a bath or shower
- any support you need with personal care
- how you like to have your hair
- whether you prefer to have facial hair or be clean-shaven



Food and drink

Use this section to record information about your food and drink preferences, for example:

- favourite foods and meals
- foods and flavours you dislike
- your preferred drinks and how you take them
- any special dietary needs – for example religious or cultural diets, food allergies, vegetarian/vegan
- any routines you follow with eating, drinking and mealtimes – for example, when you like to have your main meal
- preferred cutlery, plates, bowls, glasses and cups
- whether you drink alcohol
- if you like food shopping, cooking and going out for meals and drinks
- any support you need with preparing food, eating or drinking

Be aware that people living with dementia may have changes in their appetite and tastes – for example, developing a sweet tooth.



How to support me

This section can be used to record any care and support needs, for example:

- The best way to help me is...
- Please don't...
- I like people to...
- I feel safe when...
- If I'm anxious, it helps if...
- I enjoy talking about...
- Please remember...
- I am left/right-handed



My wishes for the future

Use this section to record your wishes about your future care. You could include:

- where you would like to live – for example your own home, retirement accommodation, care home, hospice (at the end of life)
- who you would like to care for you
- medical treatments you do and do not want
- who you would like to make decisions on your behalf if you cannot make them yourself
- any formal plans you have in place – for example lasting power of attorney, advance care plan, advance decision to refuse treatment
- details of your Will and where it is kept
- your wishes at the end of life – for example funeral plans or preferences, religious or spiritual beliefs or customs that you would like followed

Spare page

You can use this page to record any additional information.

Please make extra copies as required.

Useful resources

Creating a life story

➤ dementiauk.org/life-story

Meaningful activities for a person with dementia

➤ dementiauk.org/meaningful-activities

Music and dementia

➤ dementiauk.org/music

Things to try if someone with dementia stops recognising you

➤ dementiauk.org/when-someone-doesnt-recognise-you

Tips for better communication

➤ dementiauk.org/tips-for-communication

**If you have questions or concerns about any aspect of dementia,
please contact our Admiral Nurses.**

Helpline:

0800 888 6678 or ➤ **helpline@dementiauk.org**

Virtual clinics:

➤ **dementiauk.org/book-an-appointment**



dementiauk.org • **info@dementiauk.org**

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