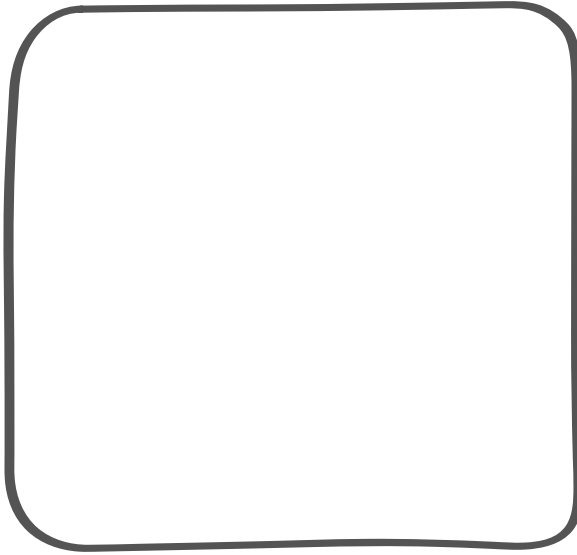


My Life Storybook



portrait or something that reflects themselves

Name

Call me

Age

Birthdate

Dear _____,

This booklet is a celebration of you — your life, your memories, and the people who have shaped and cherished you.

Within these pages, we hope you find a faithful reflection of who you are: the moments that made you laugh, the ones that moved you, and the relationships that have meant the world to you.

Crafted with care by Jurong Community Hospital (JCH) and Nanyang Academy of Fine Arts (NAFA), University of the Arts Singapore (UAS), this booklet is our gift to you — something to hold close, to share with loved ones, and to pass on as a lasting piece of your story.

May it bring you comfort, warmth, and joy for years to come.

**With love,
Team at JCH and
Volunteers from NAFA, UAS**

Food & Daily Life

**Do you like tea or coffee?
What kind of flavours?**

**What food tastes like
“home” to you?**

Inspiration spark:
Kopi/Teh O Kosong,
Kopi/Teh C, Teh Tarik,
Oolong Tea, Chai Tea

Inspiration spark:
Chicken Rice, Sayur Lodeh,
Dhal, Steamed Fish,
Braised Tofu, Kaya Toast

What is your favourite colour?

colour me!

**Tell me about a favourite
meal, who were you with?**

Inspiration spark:
Cooking for loved ones,
birthday celebration

Culture & Interests

Who was your favourite singer, actor, or performer?

Did you enjoy going to shows or the cinema?

What hobbies do you have?

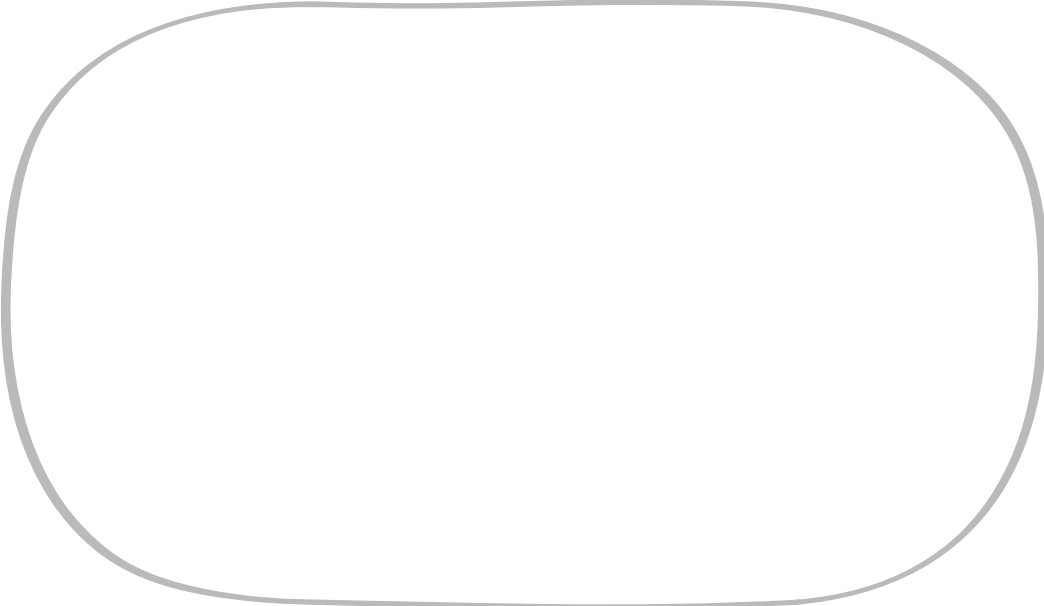
space for drawings, photos or written memories

Inspiration spark: Channel 5, Channel 8, Suria, Vasantham, Others. Reading books, taking a walk, sewing, embroidery, gardening, birdwatching

Culture & Interests

more of me!

space for drawings, photos or written memories



Hobbies & Interests

I like to...

What do you do during your
free time?

space for drawings

Inspiration spark:

Gardening,
Birdwatching, Sewing,
Reading, Go for a walk,
Meet up with friends.

Do you do these
activities with anyone
else? Where?

I enjoyed playing

.....

I love

.....

I remember the
sound/smell of

.....

What was the most memorable
activity you have done?

Career & Passion

What was your career like?

Inspiration spark:

Your very first job, dedicated career paths, achievements & milestones. Favourite memory from the job. What is something you were proud of in your work?

My Family

How many
siblings/children/
grandchildren do
you have?

I live in _____, at
_____.

What are some activities you do
with your family members?

space for drawings/paper pasting

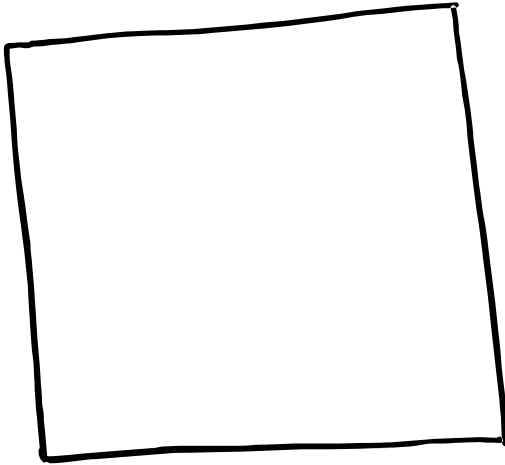
Inspiration spark:

How were the activities initiated?

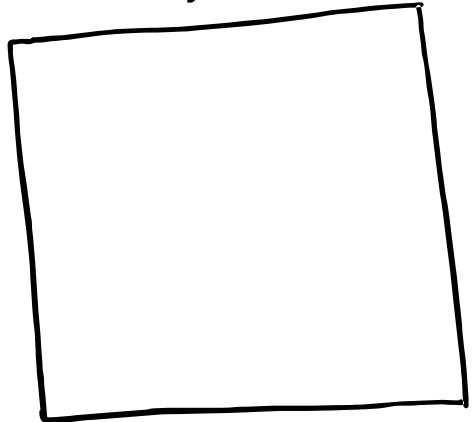
What is your favourite/memorable moment with your family?

Youth & Young Adulthood

Who was your best friend? Are you still in touch with him/her?

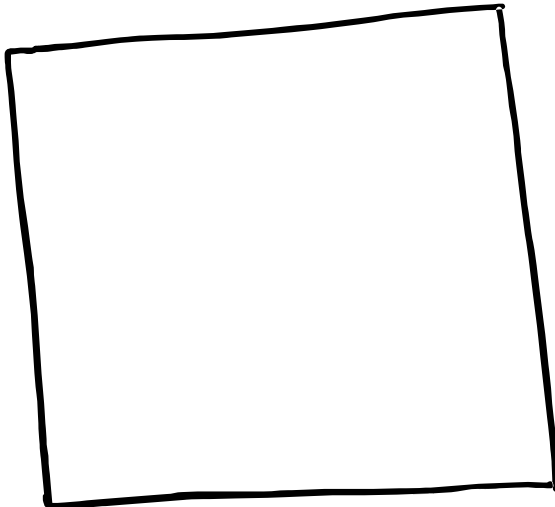


Do you have a nickname from those days?

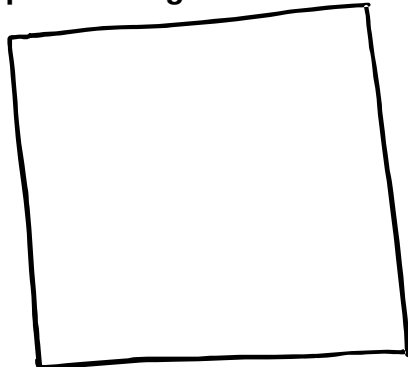


draw a portrait of them
if they do not have one!

Where did you love to spend time during your youth? And why?



When did you stop schooling?



Inspiration spark:

Relate to their hobbies and passions. Reminiscing about their younger days. Ask for more details. Where did they study? What was their favourite subject? How did they have fun with their friends/family?

ng

ies you have been to:





Youth & Young Adulthood

People who shaped you:

Inspiration spark:

Validate their lifelong roles as parents, specialists, or artists. Focus on the legacy, love, and skills they built over the years.

Can you tell me about someone important to you?

What is a happy memory you shared with them?

Follow their lead—don't feel you need to cover everything.



Present & Wellbeing

What matters to me now...

*Bring the conversation back to their current self.
Clinical Care and Insight: Focus on present sensory anchors.*

This section serves as a wonderful tool for ward staff to quickly understand what can comfort a patient when they feel unsettled.



What is one thing I most want to do, or I wish I could do now?

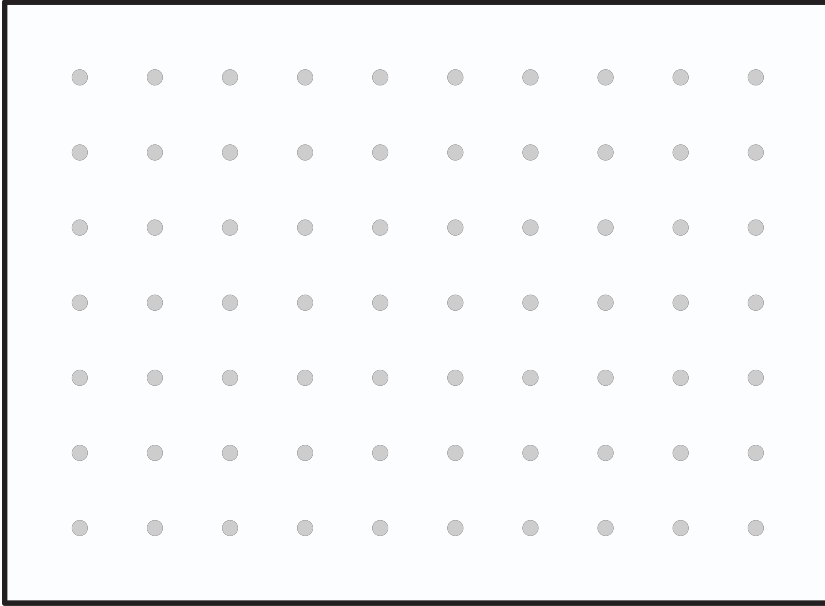
Inspiration spark:

What makes you smile these days?

What brings you joy?

What helps you feel relaxed, safe or at peace?

Present & Wellbeing



Inspiration spark:

What are some activities that you do when you are tired or in pain?

What do you do daily?

What is your favourite drink?

How frequently do you see your family come?



Meaning & Legacy

My Legacy / A Quote

☐

I learned that life is _____

☐

☐

I want my family and friends to remember me for _____

☐

☐

Inspiration spark:

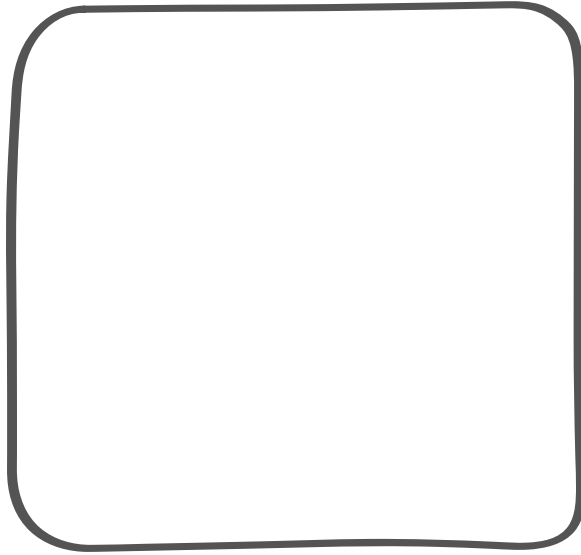
What is something important you've learned in life?

What advice would you give younger people?

What would you like others to remember about you?

Use gently,
only when there
is trust and
comfort.

This book is assisted by



Caregiver's Continuation Guide

Keeping the story alive — at home, together

A note for Caregivers:

This booklet was crafted by NAFA & JCH as a treasured record of your loved one's life — their memories, milestones and the people they hold dear. As a caregiver, you play a meaningful role in keeping that story alive. This guide will help you engage with your loved ones or person under your care, in ways that bring comfort, spark conversation and strengthen your connection.

1. Understanding the Booklet

The Life Story Booklet is more than a keepsake — it is a living document of someone you are caring for. It may include:

- Personal history: childhood, family, hometown, and early memories.
- Significant life events: education, work, relationships, and achievements.
- Values, beliefs, and what brings them joy.
- Favourite things: food, music, places, and people.
- Photographs and mementos.

Take time to read through the booklet yourself before using it. Familiarise yourself with the stories so you can refer to them naturally in the conversation.

2. How to Use the Booklet at Home

Starting a Conversation

The booklet is a wonderful conversation starter, especially on days when finding things to talk about feels difficult. Try these approaches:

- Open to a favourite page and simply say: *"I'd love to hear more about this."*
- Point to a photograph: *"Can you tell me about this person?"* or *"What were you doing here?"*
- Read a passage aloud and invite a response: *"Does this still feel true for you today?"*

Quick Reference: Conversation Starters

Keep these handy for moments when you need a gentle prompt:

Prompts to try:

- Tell me about growing up. What was your neighbourhood like?
- Who was your closest friend when you were young?
- What is one thing you are most proud of in your life?
- What does a perfect day look like for you?
- Is there a piece of advice you would want to pass on?
- What is your favourite memory of [family member's name]?
- What song always makes you feel happy?

A Note on Difficult Memories

Life stories are not always easy. The booklet may touch on losses, hardships, or painful periods in your loved one's past. If these arise:

- Acknowledge the emotion gently: *"That must have been very hard."*
- Do not rush past difficult feelings – allow space for them.
- Redirect to a happier memory if the distress becomes prolonged.
- Seek support from a counsellor or social worker if past trauma resurfaces frequently.

You do not need to resolve or fix difficult emotions. Simply being present and compassionate is enough.



Knowing your loved one's story helps everyone who cares for them to do so with greater warmth, patience and understanding. Enjoy creating more treasured memories together.

Crafted with care by NAFA & JCH

For enquiries about the Life Story Booklet programme, please contact
Community Relations, NTFGH and JCH.

FACILITATION TIPS

- Go at their pace—this may take several sessions
- Use photos, music, or objects to prompt memory
- Allow pauses and silence—it's part of listening
- Focus on feelings, not factual accuracy
- You do not need to complete everything in one sitting

USE WITH CARE

- Some questions may be confusing or emotionally difficult.
- Avoid testing memory (e.g., “What day is it?”)
- Avoid abstract or regret-based questions
- If the person becomes tired or distressed → pause or shift topic

OUTPUT REMINDER (AIR PROJECT)

From these conversations, you will:

- Capture key stories
- Translate them into a creative output (towards the final exhibition)
- Develop a life story document for the patient to bring home; if there is not enough time for you to create something visually pleasing, scan the copy and give the recorded booklet to the patient first. You will present the final documentation to them later via the healthcare staff.