

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.