

# My Loved One's Memory Map

Fill this out to help choose the right coloring books and conversation topics.

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## Name

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## Born

*(year and place)*

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## Grew Up In

*(city/town, state, region)*

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## Primary Occupation(s)

*(what they did for most of their working life)*

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## Other Jobs or Roles

*(side work, volunteer work, church roles, etc.)*

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## Era of Working Life

*(e.g., 1950s–1980s)*

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## Hobbies & Passions

*(fishing, gardening, cooking, cars, sewing, woodworking, etc.)*

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## Favorite Foods / Meals

*(what they cooked, where they ate, holiday meals)*

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## Favorite Music / Songs / Radio Shows

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## Important Places

*(childhood home, workplace, church, favorite store, lake, park)*

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## Family Traditions

*(holidays, Sunday dinners, summer vacations, reunions)*

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## Things They Were Proud Of

*(accomplishments, skills, moments of pride)*

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## Phrases, Sayings, or Stories They Told Often

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## Best Time of Day for Activities

*(when are they most alert and calm?)*

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## Topics to Approach Gently or Avoid

*(any memories that cause distress)*

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### Based on this map, consider starting with:

- Worked with their hands: **Built With Hands** • Loved cooking/baking: **The Kitchen Table**
- Loved cars or driving: **Sunday Drive** • Loved fishing: **Gone Fishin'**
- Sewed, quilted, or knitted: **Needle & Thread** • Gardened: **The Garden Gate**
- Was a nurse, teacher, or secretary: **In Uniform** • Small-town memories: **Main Street Memories**
- Farm/rural life: **The Open Road and Field** • Was a beautician, waitress, librarian: **The Beauty Shop**