

# Life History

Name:

Date:

Hello,

This questionnaire is designed to help us get to know you a bit better. We hope you will enjoy recalling some of the significant events from your life history.

You might like to complete it with someone who knows you well. Alternatively, we would be more than happy to spend some time with you going through the sections.

How do you like to be addressed (e.g. Mrs, first name, nickname etc)?

Where were you born?

## **Childhood:**

Significant childhood events / memories:

Where did you live as a child?

Where did you go to school? Did you enjoy school?

Did you have any brothers and/or sisters? What are / were their names?

What did your parents do for a living? What were their names?

**Adulthood:**

Where have you lived?

Did / do you have a partner?

Partner's name / occupation

Date and place of Marriage (If applicable)

Did you have any children? If so, what are their names?

Did / do you have any special friends? What are / were their names?

Previous occupation(s), including wartime experiences if relevant:  
(including special memories)

When did you retire? Age? Any significant changes?

**Achievements / Hobbies:**

(please indicate whether past or present)

What are the things in life which you have achieved (big or small) that you are proud of?

What are or were your hobbies and interests?

What do you most enjoy doing now?

Have you ever had any pets?

**Leisure interests and Personal Preferences:**

Favourite conversation topics:

Favourite television programmes and personalities:

Favourite types of music or songs / books / magazines etc:

What are your favourite colours?

What are your favourite toiletries / perfumes?

What are your food likes / dislikes:

What is / was your favourite holiday or day out?

What sort of things make you laugh?

What sort of things can cause you anxiety / stress?

What, if anything, do you worry about?

What are your normal daily routines?

Do you have a faith or religious beliefs?

What is the most important thing in your life now?

Any other relevant information:

Thank you for taking the time to complete this form.