

Supplemental Figure 2: Resident Biography/Life Story Worksheet, Question Ideas

Resident Name:

Info provided by:

Early Life:

_____ was born on _____ in _____. They had _____ brothers and sisters. Their father was a _____ and their mother was a _____. As a kid, some of their happiest memories were _____. In all, they completed _____ years of school at _____ & _____. Their first job was _____, and their favorite job was _____.

Adulthood:

_____ spent most of their life as a _____. Besides their jobs, they enjoyed _____. A special person in their life is/was _____. _____'s favorite thing about that person is _____. As an adult, they settled in _____. Their favorite places(s) to travel to were _____. Their biggest hero(es) in life was/were _____. If they could change one thing about their life, it would be _____. Their proudest moments in life are _____. Favorite life motto/quote to live by: _____. Something I am very good at is: _____. You can come to me for advice about _____.

Additional questions you can consider asking if the conversation is really rolling!

Interview Questions for Elders

<https://www.agingcare.com/articles/questions-to-ask-elderly-parents-147907.htm>

1. What was the happiest moment of your life?
2. What are the most important lessons you've learned in life?
3. What is your earliest memory?
4. What was your favorite thing to do for fun (hobbies, beach, etc.)?
5. How would you like to be remembered?

<https://blog.ioaging.org/activities-wellness/8-memoir-writing-prompts-for-older-adults-how-to-write-your-life-story/>

6. Can you recall your childhood best friend and some of the things you used to do together?
Places you used to go? Ways you pulled your imaginations together?
7. What was one of your favorite songs from long ago that comes with strong memories or feelings?