P04789

My Life Story

Sharing information about your life story – who you are, what you like and dislike – will help your care team in your aged care home get to know you better.
You can decide how much or little information you share about your life story.
All fields are optional.

Attach a photo

My full name is

I prefer people to call me

I was born in (year) at (location)

My Family

My brothers and sisters names are

My partner/wife/husband is

We have been together for years

and most recently lived at

My childrens name/s are

My grandchildrens name/s are

My childhood is best described as

Australian Defence Force service

I/my partner joined the ADF

I/my partner served from to

Serving in

Reaching the rank of

This type of service involved

Places/countries I/we were posted to

Following my service/my partner's service I actively participated in

The most significant event during my service/my partner's service

Commemorations

My preference on commemorative days such as Anzac day and Remembrance Day is to

My ex-service organisation (RSL, Vietnam Veterans, War widows) I like to connect with is

My highlights/On reflection

I am most proud of doing/achieving

My best quality is

The happiest time in my life was

My Favourites

Movie:

Book:

Music:

Song/Artist:

Foods:

Activities:

Place in the world is

Place in Australia is

Advice

What is the best advice you have been given in your life?

Who gave you this advice?

What difference did this advice have on you and your life?

If you could, what advice would you give to your younger self?

Supporting my wellbeing

I'm happiest when

When I feel upset you can support me by

When I feel stressed or anxious you can support me by

Resident's Name: