HOME & AWAY CARE

My Favourite Things

1. About the person

A gentle starting point for a personal book of things they enjoy.

This is not a memory test. Take your time, offer choices or look at photos together. Skip any question, take breaks and leave uncertain answers blank. Current preferences matter, even when they differ from the past.

Name to appear on the cover

Include their preferred name and how they like to be addressed.

Who helped complete this questionnaire?

Your name, relationship, date and a contact number or email for queries.

What would the person like their book to be about?

Include their own words where possible. What makes them smile or feel proud?

How did the person take part?

For example: spoke, pointed, chose pictures or listened. Mark family suggestions as such.

My Favourite Things

2. Everyday favourites

Specific names and examples help us choose meaningful pictures.

Music and sounds I enjoy

Artists, songs, genres, instruments, radio programmes or other favourite sounds.

Food and drink I enjoy

Favourite meals, snacks and drinks. Are any pictured foods best left out?

Hobbies and activities I enjoy

For example: gardening, sewing, dancing, cooking, sport, making things or watching wildlife.

Television, films and things I like to read

Programme titles, actors, books, magazines, newspapers or favourite stories.

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3. People, places and identity

Include only the stories and people they are comfortable featuring.

People and pets I would like in my book

Give names, their relationship to the person and a short caption for each photo.

Places I love

A town, country, home, garden, local place, holiday destination or favourite outing.

Things I am proud of

Work, skills, achievements, caring roles or happy moments they would like included.

Culture, language and celebrations that matter to me

Optional: preferred language, traditions, faith, festivals or community connections.

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4. Make the book feel right

Use this page to guide the content, appearance and way we share it.

Colours, flowers, animals and images I like

Tell us what they would enjoy seeing on the cover and inside the book.

Things that help me enjoy looking at a book

For example: larger print, one picture per page, short captions, a quiet space or someone reading aloud.

Please leave these things out

Topics, people, photographs, songs or memories that upset them or that they prefer to keep private.

My three most important favourites

If we only included three things, what should they be? Please number them 1, 2 and 3.

Anything else we should know about their preferences?

No diagnosis or detailed medical history is needed for this questionnaire.

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5. Photographs and final review

Return this questionnaire and your chosen photographs directly to our team.

Please send copies of photographs and keep your originals. Number each image or give it a clear filename. Do not send irreplaceable originals. Extra details can go on a separate sheet.

Photograph details

Image / filename	Who or what is shown	Caption for the book

Check with the person before we create the book

Are they comfortable with the selected content and photos? Note anything to check, change or discuss.

Who should we contact to check the draft?

Name and contact details. Tell us how the person would like to be involved in reviewing it.

The questionnaire and photos are for creating this personal book. They do not give permission for use in advertising, on social media or in public examples. Any such use would need a separate permission process.

For our team: check preferences with the person, clarify family suggestions and confirm captions before printing. Follow your usual privacy and record handling procedures.