

Friendship Story Book

A Friendship Story book is a document outlining the relationship between two people, created as a bonding experience and reminiscence tool for a person living with dementia.



How to use:

You, and your friend, will set aside some time to talk, answer a number of questions about yourselves and your friendship, and chronicle your history.

This document has been created to help get you started. You can answer the questions in this document, or use them as inspiration and get creative with it!

Your Friendship Story Book could consist of a series of video or audio recordings, a scrapbook, a shared diary, or anything else you're inspired to create.

The Friendship Story Book can be created in person, or by friends who are connecting from a distance – with the information gathering taking place over the phone, via video chat, text message, or even letter writing.

Friendship Story Book

Section 1: Who We Are

What is your full name?

Name 1	Name 2

When were you born?

Name 1	Name 2

Where were you born?

Name 1	Name 2

Do you have siblings? How many?

Name 1	Name 2

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Section 1: Who We Are

Did you go to college/university? Where? What did you study?

Name 1	Name 2
_____	_____
_____	_____

What did/do you do for work?

Name 1	Name 2
_____	_____

What are your hobbies/interests?

Name 1	Name 2
_____	_____
_____	_____
_____	_____

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Section 2: Our Friendship

When did we meet? Where? How?

What was your first impression of me?

Name 1	Name 2

What is your favorite memory of me?

Name 1	Name 2