

The Family Conversation Guide

Simple Questions to Spark Good Memories and Direct Storytelling

Big, open questions like *"Tell me about the old days"* can sometimes feel frustrating or overwhelming for someone experiencing memory loss. This guide helps you bypass that stress completely. By asking simple, direct questions about real details, you can help your loved one recall their past with confidence and joy.

The People Framework: Favorite Faces & Relationships

Use these prompts to talk about the special people and relationships that shaped their life story.

- **Question 1:** Who was the first neighbor or childhood friend you remember playing outside with?
- **Question 2:** What kind of job or trade did your father do when you were growing up?
- **Question 3:** Think of your mother cooking or working in the kitchen. What did her favorite apron look like?
- **Question 4:** What was the name of the schoolteacher who taught you how to read or write?
- **Question 5:** Who was the oldest family member you remember meeting when you were a little child?
- **Question 6:** What was the full name of the very first person who hired you for a real job?
- **Question 7:** When you and your spouse first met, what kind of outfit or style did they have on?

The Places Framework: Homes & Neighborhoods

Use these prompts to help them picture the visual settings and spaces they lived in.

- **Question 8:** What was the outside of your childhood home built out of—brick, wood, or stone?
- **Question 9:** When you walked right through the front door of your first house, which room did you step into?
- **Question 10:** What major landmark, church, or school stood at the very end of your childhood street?
- **Question 11:** Where did your family gather to listen to music, hear the radio, or watch TV in the evenings?
- **Question 12:** What was the exact name of the city or town where you took your very first vacation trip?
- **Question 13:** Look out your childhood bedroom window in your mind. What did you see out there?
- **Question 14:** What was the name of the main grocery store or neighborhood market where your family shopped?

The Things Framework: Cars, Tools, & Keepsakes

Use these prompts to talk about the physical items and objects that bring back vivid personal stories.

- **Question 15:** What color and model was the very first car you ever owned or learned to drive?
- **Question 16:** What specific tool or machine did you use most often during your working years?
- **Question 17:** Did you wear a uniform for your job, military service, or a sports team? What did it look like?
- **Question 18:** Did your family have a musical instrument at home, like a piano or guitar? Who played it?
- **Question 19:** What was the name and breed of the very first family pet you ever took care of?
- **Question 20:** What special object or keepsake is sitting on your dresser or shelf right now?

Memory Capture Space

Jot down the short details that brought the biggest smile to their face. Keep captions under 7 words.

Memory Category	What We Talked About	Their Short Answer (Max 7 Words)
The People	A favorite relative or early companion	_____
The Places	A home or a place they loved visiting	_____
The Things	A first car, cherished tool, or childhood pet	_____