



## Creating a “Book of Memories”

A book of memories commemorates the death of a loved one and highlights the importance of their relationship to survivors.

For people with developmental disabilities, creating a book of memories may be a concrete way to help them remember deceased loved ones. Working on the book with a support person provides a concrete time for memories and recollection. The book is there to come back to when they need it.

It may take some time before someone is ready to work on the book. For example, an individual should feel comfortable looking at pictures of the deceased. The same goes for the support person.

You might want to set aside a special time each week to work on the book. If the individual does not want to do this, just spend some quality time with him. After working on the book, try an enjoyable activity. For example, playing a game or sharing a snack together.

### Steps to Creating a “Book of Memories”

1. Purchase a scrapbook with the individual. Choosing one with a plain cover encourages her to decorate it herself.
2. Explain that she will be creating a special book that tells the story of her relationship with the deceased and how that person died. She can take her time and work on it slowly.
3. A picture of the deceased can be placed on the cover.
4. Inside the book the following items can be placed: pictures of deceased, pictures of funeral notice, photo of tombstone, sympathy cards, drawings, and important dates. Colour photocopies may be taken of photographs and cards if you do not want to use the originals.
5. You might want to add words to tell the story. For example, “ My dad was born in Italy.”
6. When the book is completed she can be encouraged to share it with others who were close to the deceased.