



Questions to Capture Life Stories

Childhood:

- What was your childhood home like?
- What were your favorite games growing up?
- Did you have any family traditions or rituals?

School:

- What were you like in school?
- Did you have a favorite subject?
- When did you feel like you were "grown up"?

Love:

- How did you meet your spouse?
- What did you love most about them?
- What's the best relationship advice you've ever received?

Work:

- What was your first job?
- What job did you love the most?
- What were your dreams or goals when you were younger?

World Events:

- What major world events do you remember living through?
- How did those events impact your life?
- What has changed the most in the world since you were young?

Family:

- What values did you try to instill in your kids?
- What was your proudest moment as a parent?
- How has your family changed over generations?

Wisdom:

- What is your greatest achievement?
- If you could go back and give your younger-self advice, what would you say?
- What lessons do you hope we carry forward?

If you or a loved one is living at home – whether independently or with care support – we're here to help. Our team offers compassionate, person-centred homecare in Grantham and Newark, including expert dementia care, companionship, and help with daily routines.

If you'd like support creating a memory project, or you're exploring care options for someone special, we'd love to assist you.

Call us today on 01476 833 168.



The Importance Of Your Story: Why Answering the Right Questions Matters

After just a short time spent with our clients, we uncover something extraordinary - a treasure chest of stories, history, and wisdom passed down through generations. These moments don't come from grand gestures or dramatic events, but from simple, honest conversations sparked by the right questions.

Many people underestimate the value of their own life experiences and heirlooms. Yet, these are the very things that form the fabric of family legacy.

The Hidden Value of Heirlooms

Heirlooms such as photo albums, china, jewellery, and handmade objects may seem outdated or no longer useful in today's fast-paced world. Previous generations often viewed these items as symbols of love, tradition, or achievement, while modern families may struggle to find ways to incorporate them into daily life.

But just because their function has changed, doesn't mean their value has diminished. These pieces hold powerful emotional meaning - and when paired with the stories behind them, they come alive again.

Stories Make Objects Matter

The key to reconnecting with these meaningful items - and with the people who pass them down - is storytelling. Life stories give context to heirlooms. Every question you ask is a chance to preserve something irreplaceable.

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