

Orientation Book

An orientation book can be used for people with Alzheimer's disease or dementia to help them remember things about their daily life. You can also add favorite memories.

This book can be **individualized**. We have provided you with some common headings for your loved one, but feel free to add additional ones to make the book more **personalized**. There are blank sheets as well. It will be best if you can take actual photographs and include them in the book. There should be one heading per page with a photo or photos. See below for an example.



A Little About Me....

My name is _____

My birthday is _____

Insert picture of individual here

This is where I live.

Insert picture here

This is my family.

Insert picture here. Feel free to label people with names.

This is my staff.

Insert picture (s) here. Feel free to label names.

These are people I live
with.

Insert picture (s) here. Feel free to label names.

This is my bedroom.

Insert picture here.

This is where I eat my
meals.

Insert picture here.

This is my bathroom.

Insert picture here.

This is my daily schedule.

Insert picture here or write in schedule. Could be specific or general.

This helps me feel safe.

Insert picture here.

I go here during the day.

Insert picture here. Could be of day program or other activities. Feel free to label. Could include staff pictures here as well.

These are things I like
to do.

Insert pictures here.

There are my pets.

Insert picture here. Can label.

These are a few of my
favorite things.

Insert picture(s) here. Can label.

These are safe places
for me.

Insert picture(s) here.

These are some of my
favorite memories.

Insert picture(s) here.



