

Disability Resource Hub Disclaimer

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history map

Recording people's histories is a simple way to share information about their past. Looking at a recorded history map is another way of helping people to understand and get to know a person better. Exploring things that someone has done in the past can also help to generate new ideas about things that the person might want to do again, and the sorts of things they might want to avoid.

If people are unable to easily recall or communicate their past, it can be forgotten or lost to those around them.

The person may decide they only want to record part of their story as opposed to their entire history – there may be times the person does not want to remember, think about or share a particular time in their life.

When gathering information, ask things like:

Where has the person lived?

Who are the important people?

What has the person done or achieved in the past?

Are there special events that they were involved in?

Were they involved in any groups or clubs?

This information was developed by Helen Sanderson Associates (Australia) in 2011, for Ageing Disability and Home Care, Department of Human Services NSW, as a resource to support the Lifestyle Planning Practice Guide and Tools. Most of these tools are Person Centred Thinking tools, and were either developed by The Learning Community for Person Centred Practices, or Helen Sanderson Associates. They are used here with permission. We would like to thank the residents, family members and staff for their time and support in developing examples.

These instructions are not intended as a substitute for training. If you are using these tools for the first time and have not attended a Person Centred Thinking course, please seek support from a colleague or manager who has attended training.



Born

Now

tips

- 1 You could start by using this template to gather the information, then figure out how you could represent this creatively by using photos, images or real objects. You could work with others to create a quilt or a wall hanging, an album or illustrated story – these can be great conversation starters for new people in the person's life.
- 2 If the person doesn't use words to communicate, ask family members and staff who have known the person for a long time.



Antony's History

Born

Born in Cooma in 1956,
youngest of 9 children -
4 girls, 5 boys

1961 - Started school, met Garry,
my best mate for fifteen years

1967 - Uncle Joe, Aunty Maria and our
cousins visited from Italy and we all went
for a long trip to the beach - I remember
swimming in the big waves.

1970 - Cut two toes off chopping wood
- blood everywhere! Not allowed to use
the axe anymore. Got big infection,
had to go to hospital for three weeks.

1971 - Won the Snowy Mountains fishing
competition, got my photo in the local paper

1976 - Garry left to get a job
in Queensland and I didn't
see him again

1980 - Mum and Dad both got sick and I got sent to
Hillside Home - I didn't like it there, they treated
me like a kid, there was nothing to do, and one
bloke used to hit me all the time. After a while I got
a job there mowing the lawns but no one ever paid
me.

1981 - Mum died in January and Dad died
in June. Someone sent me Dad's hat and
I wore it every day until it fell apart and
the staff threw it away.

1985 - Ran away for the first time. The police
found me and took me back - that was my first
time in a police car

1990 - Moved out to the new place in Gordon
street. My brother Dominic came to the
house warming party. The other clients were
Frank, Kevin, Julie and Samuel. I had my own
room. I got a job in the box factory with
Frank and Kevin.

1996 - Started going to TAFE and learnt how
to cook and paint. Had my birthday party and
staff helped me make all the food - some of
my brothers and sisters and their kids came.
Dominic gave me a fishing rod

1998 - Holiday back to Cooma. Saw
our old house, went fishing with Dom
and Charlie and their boys. Didn't
want to go back to Sydney

2005 - Exhibition of my paintings - nearly
all my family came. Some people bought my
paintings

2008 - Started volunteer
work at the nursing home

Now

Please note, names of people and places have been changed

tips

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