
A family portrait

Worksheet 2

Use this Worksheet to develop a portrait of your relative as it will be an important record to pass on to your survivors.

Health

List names of current doctors, specialists, and health practitioners:

List current health concerns:

List current health treatments:

List current health precautions and alternatives:

Briefly describe key features of your relative's medical history:

Education and work

List your relative's current educational and/or work activity:

What are their future dreams in this area? What other possibilities would they like to explore?

What are some highlights from your relative's school experience? What did they like about it? What didn't they like about it?

Who are the people from the past that your relative would like to connect with?

Who are the people with whom your relative still has a close connection with?

What are some highlights of your relative's work experience? What did they like about it? What didn't they like about it?

Housing

Describe your relative's current living arrangements:

What are some future housing options/possibilities for your relative?

Summarize their previous living arrangements:

What did your relative like about them, dislike about them?

Who are the people who had a significant relationship with your relative in these previous living arrangements?

Leisure and recreation

List your relative's current social, recreational, cultural, artistic, and athletic activities:

What are your relative's interests and preferred activities in these areas?

What are some future possibilities in the area of leisure and recreation?

What does your relative most like to do?

Personal

How would you describe your relative's beliefs and values?

What customs and traditions are important in your family?

Is spiritual and religious worship important for your relative? Is this an area that could be explored further?

What are (or will be) the significant events, markers, or milestones in your relative's life?

What brings comfort and peace to your relative?

Who has been your relative's greatest source of emotional support other than yourself?

What does your relative gain the most pleasure from?

Who are the most significant people in your relative's life?

What are your relative's favourite possessions?