



صفحات من حياتي

PAGES OF MY LIFE

أسمي

My name is

A large, empty rectangular box with a dashed border, intended for writing the student's name.



How to use this resource

This autobiographical account of an Arabic Speaking person's life is intended to be used in residential care or in the community, by aged care staff, to provide them with a deeper insight into the life of the older person they care for, culturally, spiritually, personally and historically.

Equipping aged care staff with more relevant and adequate information enhances their cultural competence and deepens cultural sensitivity.

This resource was also developed to empower and encourage families to collate and provide biographical and cultural information about their loved ones and to preserve this knowledge for the benefit of future generations, as an account of their unique family history.

This booklet is ideal for use as a basis for reminiscing and sharing life experiences with visitors (family, friends and volunteers) and can be a most useful resource for those who care for Arabic speaking residents who are living with dementia.

This life story book is a guide only. It can be completed digitally or printed and completed manually. The pages may be enlarged and laminated to produce a poster-style resource or produced in A4/A5 booklet form to be displayed somewhere in the home or displayed at the bedside of the resident for staff and visitors to easily access.

Once the older person's time has ended at a residential facility, the "Pages of My Life" booklet is intended to be returned to their family.

It is our sincerest hope that families and service providers who care for Arabic speaking older people will enjoy reaping the great rewards that come with compiling this useful and versatile resource.

Enjoy your journey.

Important: Please complete in English



هذا/هذه أنا اليوم



This is me today

Important: Please complete in English

Insert current photo.

سنوات طفولتي



My childhood years

Important: Please complete in English

Insert photos of childhood years including village school, childhood friends and family members and write details/comments/anecdotes, for example names and relationship of people in photos, dates, location, and specific memories.

وطني



My homeland

Important: Please complete in English

Write about your birthplace and insert old and new photos/maps of - country/region/island/village - name of main produce/ industry - and significant history of village, etc.

قریتی / مدینتی



My village/city

Important: Please complete in English

Old and new photos and holiday snaps of village home, village church/patron saint of village, local cafe/meeting place, include any significant history of village during war years, main source of income for villagers.

عائلي



My Family

Important: Please complete in English

Insert photos and names of family members.

Optional: include occupation or some other notable achievement below each photo.

حفلات الزفاف، العماد و أعياد الميلاد



Weddings, Christenings and birthdays

Important: Please complete in English

Insert photos of your wedding, children's/grandchildren weddings and christenings and special birthdays.

عيد الأم ، عيد الأب و مناسبات عائلية خاصة



Mother's Day, Father's Day and special family occasions

Important: Please complete in English

Insert photos/cards/letters

عيد الفصح وعيد الميلااد



Easter and Christmas

Important: Please complete in English

Insert photos and short explanation of traditions.

أصدقائي / الإشيين و الإشيينات



My friends/Bridesmaids/Best men

Important: Please complete in English

Insert photos and names of friends and Best men/Bridesmaids.

مهنتي في وطني



My profession in my homeland

Important: Please complete in English

Insert photos, if available. Write about how they got their first job, where did they work (home village or other island or city), how they travelled to work, did they enjoy work, details of their daily work routine.

الهجرة الى أستراليا، في السنوات الأولى



My migration to Australia - The early years

Important: Please complete in English

Insert photos of the journey to Australia and include a short story including memories of the early years of arrival to Australia for example the boat journey/plane journey, name of boat/plane, travelling companions, sponsors, first impressions, new friends etc.

الأشياء الأولى ... في أستراليا



My first in Australia

Important: Please complete in English

Insert photos and a short paragraph about your first car, first home, etc. in Australia.

تجربتي في العمل / الحياة التجارية في أستراليا



My work experience/business life in Australia

Important: Please complete in English

Insert photos and list your various occupations since migration to Australia. Add anecdotes.

سنوات الحرب



The war years

Important: Please complete in English

Write about your war-time experiences, how old you were, what changes happened in your village, did family members go to war, availability of food, etc.

حديقتي



My garden

Important: Please complete in English

Insert photos/pictures, best gardening tip, list types of vegetables/plants grown.

مطبخي



My kitchen

Important: Please complete in English

Insert photos/pictures, recipes, etc.

أحب



I like...

Important: Please complete in English

Use photos, drawings, magazine pictures, or real objects to illustrate what you like to do, food preferences, places to visit, television shows, clothes, grooming products, hobbies, etc.

ما الذي يجعلك تضحك



What makes you laugh?

Important: Please complete in English

Write the joke, word for word and illustrate, if desired.

الموسيقى المفضلة / المغني



My favourite music/singer

Important: Please complete in English

List favourite songs sung by the artists/including a short biography/words of the songs.

أفضل نصيحة لدي



My best advice

Important: Please complete in English

Write in paragraphs or dot points.

المثل المفضل



My favourite saying/s

Important: Please complete in English

List favourite sayings.

قستي الشعبية المفضلة



My favourite folk story

Important: Please complete in English

Optional: Illustrate with drawings, pictures, etc.

أحزاني - ما يجعلني حزينا



My grief - What makes me sad

Important: Please complete in English

Write or list any grief or sadness experienced.

مآسي حياتي



My sorrows

Important: Please complete in English

Write or list any feelings of deep distress caused by loss, disappointment or misfortunes experienced.

فرحي - ما يفرحني



My joys - What makes me happy

Important: Please complete in English

Tell us about the things in your life that have brought you the most happiness and fulfilment.

ماخيفني



My fears

Important: Please complete in English

Tell us about the fears you've experienced, current fears, and potential fears for the future.

المزيد عني



More about me

Important: Please complete in English

For example: Travels, community involvement, volunteering etc.