



# ΟΙ ΣΕΛΙΔΕΣ ΤΗΣ ΖΩΗΣ ΜΟΥ

## PAGES OF MY LIFE

Το όνομά μου είναι  
My name is



## How to use this resource

This autobiographical account of a Greek-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 caring for Greek-speaking residents who are living with dementia.

**This life-story book template is a GUIDE ONLY. The booklet can be completed digitally or printed and completed manually. Pages may be enlarged and laminated to produce a poster style resource or produced in A4/A5 booklet form and to be displayed somewhere prominent in the home or displayed at the bed-side 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 Greek-speaking older people will enjoy reaping the great rewards that come with compiling this useful and versatile resource.

**Enjoy the journey!**





Όπως είμαι σήμερα

This is me today

Insert current photo.



# Τα παιδικά μου χρόνια

My childhood years

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



# Η Πατρίδα μου

My homeland

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



# Το Χωριό Μου

My village

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



# Γιορτάζω την Ονομαστική μου Γιορτή στις...

I celebrate my Name Day on  
My Saint's name is

Insert photos of Name's Day celebrations/Icon of Saint/copy and paste 'Saint's' story.

*Helpful link:* <http://bit.ly/16GH8uC>



# Η Οικογένειά Μου

My family

Insert photos and names of family members.

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





# Γάμοι , Βαφτίσια και Γενέθλια

Weddings, christenings and birthdays

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



# Πάσχα και Χριστούγεννα

Easter and Christmas

Insert photos and short explanation of traditions.



# Οι Φίλοι μου και οι Κουμπάροι μου

My friends and Koumbari

Insert photos and names of friends and koumbari.

Click on link for more about koumbari: <http://bit.ly/HbPKzQ>



# Το Επάγγελμά μου στην Πατρίδα

My occupation in my homeland

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.



# Η Μετανάστευσή μου στην Αυστραλία - Τα πρώτα χρόνια

My migration to Australia - The early years

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



# Τα Πρώτα μου ..... στην Αυστραλία

My first ..... in Australia

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



# Το επάγγελμά μου στην Αυστραλία

My work experience/business life in Australia

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



# Τα Χρόνια του Πολέμου

The war years

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.





# Ο Κήπος μου

My garden

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



# Η Κουζίνα Μου

My kitchen

Insert photos/pictures, recipes, etc.



# Μου αρέσει/Μου αρέσουν...

I like...

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.



# Το αγαπημένο μου ανέκδοτο

My favourite joke

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



# Η Αγαπημένη μου μουσική/τραγουδιστής/τραγουδίστρια

My favourite music/singer

List favourite songs sung by the artist/s, including a short biography.



# Η Καλύτερή μου Συμβουλή

My best advice

Write in paragraphs or dot points.



# Η Αγαπημένη μου Παροιμία

My favourite saying/s

Write in paragraphs or dot points. Insert photos of Name's Day celebrations/Icon of Saint/ copy and paste Saint's story.  
*View the helpful link for more information on saints' feast days: <http://bit.ly/16GH8uC>*



# Το Αγαπημένο μου Παραμύθι

My favourite folk story

*Optional:* Illustrate with drawings, pictures, etc.





# Περρισσότερα για την Ζωή Μου

More about me

E.g. Travels, community involvement, volunteering etc.