



Momentos de mi vida

Snippets of my life

This program received funding assistance from the Australian Government
Department of Health and Ageing
under the Community Partners Program.



FOREWORD

“Snippets of my life” has been designed for a dual purpose:

to help staff in residential aged care facilities gain insightful knowledge on the historical/cultural/familial background of the Italian CALD resident and how this information can be used to provide better culturally appropriate care for this resident.

to help family members gather valuable personal details about their loved one and preserve this knowledge as part of their family history.

Each page can be used on its own or as part of the wider booklet. Individual pages may be placed on display in the resident’s room, may be changed, edited and all pages kept together as a resource.

Taking the time to provide pictures, anecdotes and stories not only preserves the often untold elements of a person’s life but also provides a basis for reminiscing and sharing life experiences.

Co.As.It. Brisbane
(Community Partners Program Team)

Esta/e soy yo
This is me

Include a current photograph.

Momentos de mi vida



Yo naci en I was born in...

Add name of birth town/village, how the person got their Christian name etc.



Momentos de mi vida

Los nombres de mis padres fueron

My parents' names were...

Add details of how parents met, include stories or photos relating to parents' wedding.



Momentos de mi vida

Mis hermanos

My siblings...

Include stories related to childhood experiences, how they played and what they enjoyed doing together.



Momentos de mi vita

Mi infancia

My childhood

Add stories of growing up in the village/town's neighbourhood, the house they lived in, etc.

Mi primera comunión

My first communion

Include photographs of First Communion, name of Godparents, gifts received, etc.



Momentos de mi vida

Mis dias de escuela

My school days

Add stories from their school days, how they traveled to school, names of their school friends, etc.



Momentos de mi vida

Mis amigos

My friends

Include stories about “special moments” shared with their friends, what they got up to, etc.



Momentos de mi vida

Eventos sociales/religiosos en mi pueblo

Social/religious events in my town/village

Include special memories and photographs of patron saint's day, market days, special celebrations, etc.



Momentos de mi vida

Mi trabajo en
My job in

Add details on how they got their first job, how long they worked for, if they enjoyed working, etc.



Momentos de mi vida

Mi trabajo en Australia

My job in Australia

Add details on how they got their first job in Australia.



Momentos de mi vida

Mi matrimonio

My wedding

Include stories on how the couple met, how long they were courting, their wedding ceremony, gifts received, etc.



Momentos de mi vida

Mis hijos My children

Include names of children, their present ages (if applicable) and details of happy family times.



Momentos de mi vida

Mi retiro en el trabajo

My retirement

Age of retirement, how they felt on the day of retirement, gifts received, etc.



Momentos de mi vida

Mis nietos My grandchildren

Include memories and photographs of their grandchildren.



Momentos de mi vida

Mis pasatiempos

My hobbies and interests

Add a list of their hobbies and interests, including music preferences.

Mi viaje para Australia

My journey to Australia

Include special memories and photographs of their first trip to Australia.

Momentos de mi vida



Mi llegada a Australia

My arrival in Australia

Add memories and stories related to their first impressions of Australia.



Momentos de mi vida

La primera casa en Australia

My first home in Australia

Add photographs and memories of what it felt like owning their first home.



Momentos de mi vida

Que cosas yo valoro

Things that I value

Momentos de mi vida

Que cosas me gustan

What I like...

E.g. Foods, television programs, fashion, etc.

Momentos de mi vida



Que es lo que no me gusta

What I do not like...

E.g. Foods, television programs, fashion, etc.



Momentos de mi vida

Mi experiencia en la guerra

My war experiences

Write down (if applicable) their experiences and memories of the war.



Momentos de mi vida

Mi primer carro

My first car

Add special memories and photographs of their first car.



Momentos de mi vida

Mi huerto casero

My veggie patch

Momentos de mi vida



Cosa muy importante para mi

Things that I value

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