

# 5 Keys to me

5 Keys to me is designed to help promote engagement with someone living with dementia. Once complete, display in a prominent location so visitors and carers can start a warm and friendly conversation.

ATTACH YOUR  
PHOTO HERE  
PLEASE



## KEY 1 Family background



Preferred name:

Married:

Children:

Grandchildren:

Great grandchildren:

## KEY 2 Career and Achievements



## KEY 3 Hobbies and Interests



## KEY 4 Mindfulness



## KEY 5 Luxuries

