

50 Gentle Reminiscence Questions

For meaningful conversation with a senior or loved one living with dementia.

How to use these: There are no wrong answers. Ask one question, then wait — give plenty of time. Follow their lead, enjoy the feelings more than the facts, and if a memory is fuzzy, simply move on with a smile. The goal is connection, not a correct answer.

Childhood & Growing Up

1. Where did you grow up, and what was your home like?
2. What games did you play as a child?
3. Did you have any pets? What were their names?
4. Who was your best friend when you were young?
5. What did you want to be when you grew up?
6. What was your favorite subject in school?
7. Did you have brothers or sisters? What were they like?
8. What is a smell or taste that reminds you of childhood?

Family & Loved Ones

9. How did you meet your husband or wife?
10. What do you remember about your wedding day?
11. What was your mother's cooking like?
12. What is your favorite memory of your children?

13. What family traditions did you keep?
14. Who in your family made you laugh the most?
15. What advice did your parents give you?

Faith & Church

16. What is your favorite hymn?
17. Do you remember your church growing up?
18. Is there a Bible verse that has always meant a lot to you?
19. What was Sunday like in your home?
20. Who first taught you about God?

Work & Everyday Life

21. What was your very first job?
22. What kind of work did you do most of your life?
23. What were you proud of in your work?
24. How did you get around — did you have a favorite car?
25. What did a typical day look like for you?

Seasons, Holidays & Traditions

26. What was Christmas like when you were young?
27. Do you have a favorite holiday? Why?
28. What was your favorite season of the year?
29. Did your family take any trips or vacations?
30. What songs did you sing together?

Simple Joys & Favorites

31. What is your favorite kind of pie or dessert?
32. What music did you love to dance to?
33. What always makes you smile?
34. If you could visit one place again, where would it be?
35. What are you most thankful for?

Love these? Remember When, Together is a full keepsake of guided memory prompts — available on Amazon.

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