

Making memories



Many people want to leave this world knowing they have left behind their stories for family, friends, and community.

Things to know

Sharing your memories and thoughts about your life can help you cope with your illness and contribute to your own inner healing. It can also bring comfort to your family now and in the future.

Things you can do

- Talk about the stories or keepsakes you want to leave in your memory.
- Use a camera, cell phone, or other recording device to capture photos of people, special places, or favourite things. Distribute disposable cameras so family can take photos of their own special memories.
- Make a video together with family and friends at a family meal or a holiday celebration. Share stories or songs to create a lasting memory.
- Build a photo album or scrapbook with photos, mementos, letters and notes.
- Create a memory box with special items to share with loved ones.
- Draw a picture, make a card or write a poem.
- Make a family tree to prompt memories of people, family connections and events.
- Ask someone to interview you to capture your life story.
- Think about tributes you could leave. Plant a flower or tree, choose a memorial site, or contribute to a charity or cause in your memory.

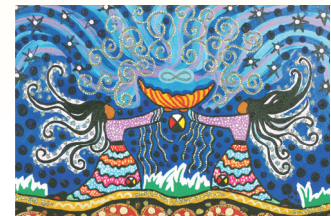
Helpful resource

- There is a free app at www.RecordMeNow.org to record a message as a keepsake.

“It’s honouring life and honouring who the person was.”

Jenny

Haida First Nation, British Columbia



KEEPERS OF THE WATER BY LEAH DORION

To see the Indigenous Voices video series and to learn more about living with serious illness and grief, go to LivingMyCulture.ca

Also available:

- What is palliative care?
- Compassionate caring
- Care at home and away
- Helping you feel better
- What to expect
- Honouring wishes
- Making memories
- Grief and letting go

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