

# Card 1

These cards are an easy way to start positive conversations with the people you care for; each prompt card is designed to gently spark memories from everyday life within the care setting.

## Words

Laughter, trust,  
sunshine, home.

What word do you think of when you think about the care you receive and the place that you live?

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# Card 2

These cards are an easy way to start positive conversations with the people you care for; each prompt card is designed to gently spark memories from everyday life within the care setting.

## Moments

Favourite dinner, favourite garden item, best activity, morning time, visitors.

What are your favourite moments around the care you receive and the place that you live?

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# Card 3

These cards are an easy way to start positive conversations with the people you care for; each prompt card is designed to gently spark memories from everyday life within the care setting.

## Connections

Favourite carer, best friend,  
visitors, family members.

Who do you enjoy speaking to and spending time with during your time here?

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# Card 4

These cards are an easy way to start positive conversations with the people you care for; each prompt card is designed to gently spark memories from everyday life within the care setting.

## Routines

Exercise, movement, pamper, games, garden activities.

What are your favourite routines to take part in during your week?

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**Portraits of care**

Care through my eyes

 everywhen

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