

# My Journey – Scrap Book

A scrap book is a great way to gather letters, photos and other memories that reflect your life. A scrap book is a great gift for those you love, as well as being a fun and creative project.

## What do I need?

- A book with a hard cover and fixed or loose leaf pages that are suitable for attaching photos etc.
- Paper (coloured and plain), pens, glue, scissors and other craft tools.

## How do I decorate my scrap book?

- Your name and other details, such as your diagnosis, which will provide context for future generations.
- Cover your scrap book using materials that reflect your personality. This may include ribbon, fabric, magazine pictures or photos.
- You may like to include a decorative title page and divide the scrap book into sections using decorated dividers.

## What could I put in my scrap book?

- Photos, favourite quotes, poems, songs or stories that you have written.
- A timeline outlining important events in your life.
- Lists of favourite foods, movies, books, holidays, and sports.
- Items that remind you of important people, places or events e.g. travel tickets.
- Letters or other short messages from loved ones.

## Who can help me?

- Your Occupational Therapist.
- Family, friends and work colleagues may contribute to your scrap book.
- Websites such as: <http://www.creativememories.com.au/> or <http://www.scrapbook.com/>

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**