

# In My World

GUIDE

A Winter Wonderland

L A U R A B O W L E Y



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# A Guide to *In My World*

## How to Use This Book

*In My World* books are designed for people in the middle-to-later stages of dementia. The books help them rediscover the joy of reading while offering care partners an activity to share. Together, you can enjoy meaningful discussions and reminisce about past experiences.

### Short, Stand-alone Stories

Each two-page spread contains a stand-alone story. Readers will appreciate the sense of accomplishment at the completion of a page, along with the challenge of completing as many stories as they wish.

### Large Colour Photos

Each story is paired with a large, colorful photograph that captures a moment from “in my world.” The photos encourage discussion, often leading to memories like, “This reminds me of...” or “I remember when...” Some readers may prefer simply looking at and thinking about the photos without reading the text.

### Text

The text is printed in a large, easy-to-read font with extra spacing between lines. Sentences are short and straightforward. Readers may enjoy reading aloud, and care partners can assist by pointing to where the reader should begin or helping with tricky words.

### Conversation Starters

This guide includes Conversation Starters for every story to spark engagement. These prompts range from simple one-word answers to more thoughtful questions, like exploring emotions in

the photographs. For readers who love to reminisce, “Tell me about...” questions are provided to inspire storytelling.

## Hints

- Reading *In My World* together offers a wonderful opportunity for connection. While some readers may enjoy exploring the book independently, the real value lies in the one-on-one interaction that happens during the activity. Simple things—like talking, encouraging, celebrating successes, and showing interest in their responses—can bring immense joy and be therapeutic. It’s not just about the book; it’s about the shared experience.
- Each story and photo in *In My World* stands on its own, so you can start or stop anywhere. Let the reader guide the pace and direction. Watch for signs of boredom, stress, or enjoyment, and adjust as needed. If a photo triggers a negative reaction, gently move on to the next page.
- When reading with someone with dementia, try to join them in their world rather than imposing your own reality. Avoid correcting or rushing them. If they need extra time to find words or answer a question, be patient. Resist the urge to speak for them or fill in gaps. If they trail off, decide together whether to continue reading, move on, or pause the activity for now.
- If the questions aren’t sparking conversation, focus on enjoying the book in other ways, like looking at the photos together or simply sharing the moment.

## Conversation Starters

The Conversation Starters are designed to encourage discussion and engagement. Instead of treating them like quiz questions, use them to explore the answers together in the text.

Pay attention to the types of questions your reader enjoys most, and over time, create your own. For example, a scripted question might ask, “What is the girl doing?” If the reader replies, “I don’t know,” you can say, “She’s doing homework,” and follow up with, “Did you do homework when you were a child?” If they say, “Yes,” you could ask, “Was it alphabet homework?” If they respond positively, you might sing the alphabet song together.

Remember, not every question will spark a memory, and that’s okay. Avoid pressuring the reader to remember something, as this can cause stress if they feel they should recall it but can’t.

If a question brings up a “memory” that you know isn’t accurate, resist the urge to correct them. Instead, step into their reality and go along with it. The goal is to make the experience enjoyable and engaging, supporting your reader in thinking and having fun.

### Story 1: *The Snowflake*

- Did you grow up where winters were cold and snowy or warm and sunny?
- Have you ever tried catching a snowflake?
- What were winters like when you were a child?
- Do you enjoy winter? Why or why not?
- What’s your favorite season?
- What do you love most about winter?

### Story 2: *A Day on the Slopes*

- Is the sky sunny or cloudy?
- Are the people skiing or

snowboarding?

- Have you ever gone skiing? Tell me a story about it.
- Where did you like to ski?
- What winter sports have you tried or enjoyed?
- Would you rather ski or curl up by a warm fire?
- Do you watch the Winter Olympics? What’s your favorite winter sport?
- Do you like hot chocolate? With or without marshmallows?

### Story 3: *A Snowy Walk*

- Can you see the person walking in the snow?
- Where do you think they’re walking?
- What animals might live in the snowy woods?
- Which animals hibernate during winter?
- Do you like walking outdoors?
- Tell me about a time you took a winter walk.

### Story 4: *Winter Adventures*

- What color is the snow?
- Are the children wearing mittens?
- What are the children doing?
- What do you think the parents are up to?
- Do you think the kids are having fun in the snow?
- What’s your favorite winter activity?
- Where do you think the family is taking their sleds?

**Story 5: The Snowman**

- What are the girls doing?
- How many snowballs have they stacked?
- What do you think of using sticks for the snowman's hair?
- What could they use to make the snowman's face?
- What could they dress the snowman with?
- Have you ever built a snowman? Tell me about it.

**Story 6: Winter Chores**

- What is the man doing?
- Did you ever have to shovel a driveway? Was it long or short?
- Who was responsible for shoveling snow in your family?
- Did you enjoy shoveling snow?
- Have you used a snowblower instead of a shovel?
- Share a memory about clearing snow.

**Story 7: Snow Angels**

- Have you ever made a snow angel?
- What did you enjoy most about making snow angels?
- What color is the girl's jacket?
- Can you see the angel's "wings"?
- Did you like playing in the snow as a child?
- Did you ever experience a surprise snowstorm? Tell me about it!

**Story 8: A Skating Party**

- Is the mother's jacket green?
- What color are the skates?
- Do you think they're skating on a pond or an ice rink?
- Did you ice skate when you were younger?

- Did you ever play hockey?
- Tell me about a time you went skating.
- Have you ever roasted marshmallows over a fire?
- Do you like s'mores? How do you make them?

**Story 9: Making Cookies**

- Where is the family?
- What are they doing?
- What time of year is it?
- What are they making?
- Why is the boy wearing a Santa hat?
- What's your favorite thing to bake?
- Do you like cake, cookies, or pie best?
- What's your favorite holiday treat?

**Story 10: A Warm Fire**

- Which socks in the photo do you like best?
- How many feet can you count?
- Can you feel the warmth of the fire?
- Do you like hot cocoa? With or without marshmallows?
- What other warm drinks do you enjoy?
- Did you have a fireplace at home? Was it wood-burning, gas, or electric?
- What makes you laugh?

**Story 11: Dive In!**

- How many penguins do you see on the ice?
- Do they look like they're having fun?
- What color is the water?
- Do you like penguins? Why or why not?
- Have you ever seen penguins? Where?
- Have you traveled to the Arctic or Antarctic? How did you get there?

### ***Story 12: A Winter Getaway***

- What color is the water?
- How many people are in the photo?
- Where do you think they are?
- Have you ever taken a tropical vacation during winter?
- Would you prefer warm weather or snowy adventures?
- If you could escape to a tropical island, where would you go?

### ***Additional Conversation Starters***

Here are some extra prompts to enrich the discussions:

- **Holiday Traditions:** How did you celebrate the winter holidays growing up?
  - **Food Favorites:** What's your favorite winter meal or drink?
  - **Snowy Fun:** Did you ever have snowball fights or build forts?
  - **Travel:** Where would you like to travel in the winter—a snowy cabin or a sunny beach?
  - **Winter Gear:** What's your favorite winter clothing—coats, scarves, or hats?
  - **Nature in Winter:** Do you enjoy looking at icicles or frosty windows?
- **General Winter Memories:** What was your favorite thing to do on snow days?