



My People

A little book of faces and names — kept private, kept theirs

When a face stays familiar but the name won't come, being quizzed only makes it harder. My People is a simple, private book of the people who matter — a photo, a name, and one warm line each. Build it once; show it full-screen on a tablet, or print it as a little book. Nothing is uploaded.

WHAT IT DOES

- **A who's-who they can glance at** — each person shown by photo, with their name and how they're known, so the name comes without a test.
- **Show it, or print it** — a full-screen flip-through with big Back and Next buttons, or a printed booklet, one clear page per person.
- **One warm line each** — "Kate. Your daughter. Lives in Leeds, rings on Sundays." The small, real detail brings a person back better than a list of facts.

PRACTICAL

- **Free.** No sign-up, no account, nothing to buy — it opens in a browser on the phone, tablet or computer in hand.
- **Nothing is uploaded** — the book is made on the device, and the photos stay there unless you save or share the book yourself.
- **A carer or family member builds it** — add each person's photo, name and line, reorder at will, then show it or print it.
- **It's a file you own** — save the book, back it up, or move it to a new phone; even a cleared browser is no loss.
- **Six languages.** A free resource a care home or dementia service can help families make and keep.

WHAT IT ISN'T

It's a simple way to keep names and faces together — not a medical device, a memory exercise or a treatment, and it makes no claim to slow anything down. It won't work every time; some days the name still won't come. It's a kindness that takes the panic out of a doorway, no more and no less.

WHO IT'S FOR Anyone whose memory for names is slipping — with dementia or ordinary forgetting — and the families and care teams beside them.

When the name won't come, a familiar face shouldn't become a test. A glance at the right page gives it back — and lets a visit be a visit.

OPEN IT, FREE

valoraparentis.com/my-people

An early tool, shared openly. If your home or service helps a family make one, we'd love to hear what would make it kinder.

