



GRIMZOO COMPLETE GUIDE

HELPING A LOVED ONE

Gathering someone else's memories

For families, volunteers and care teams. Every feature, screen by screen, on the web version.
To get started, the "First steps" booklet is enough.

GRIMZOO.COM

BEFORE YOU START

GATHERING SOMEONE ELSE'S MEMORIES

You're helping a parent, a grandparent, a resident or someone you support to tell their life story. This guide shows how to do it, simply, together.

THE PERSON'S CONSENT

You only gather someone's life with their consent, or their representative's. Explain what you're doing, and who will be able to read it.

A GRIMOIRE IN THEIR NAME

The Grimoire belongs to the person: their first name, their year of birth. It's their life, told in their own words.

AN EMAIL ADDRESS

The person's, or yours if they don't have one. One Grimoire goes with one address: for two parents, you need two addresses.

WHAT DOESN'T BELONG THERE

Grimzoo is neither a care record nor a therapy tool: no medical information goes in it.

IN THIS GUIDE

1 Opening the Grimoire

2 Preparing a session

3 Fireside for two

4 Dictating

5 Starting from a photo

6 Importing a recorded interview

7 Filing the memories

8 Photos and voice

9 Bringing the family in

10 Sharing

11 The Life Book

12 In a care home

WHAT YOU NEED

A computer or a tablet with internet, at grimzoo.com. A quiet place. It's free during the launch phase.

GRIMZOO'S WORDS

A SHORT GLOSSARY TO FIND YOUR WAY

Grimzoo uses a few slightly magical words. Here they are, once and for all. They appear in the menu at the top of the screen: Manor · Quill · Grimoire · Clone.

**THE MANOR**

The home page, where you land after signing in.

**THE QUILL**

Where you add a memory, whichever way you like.

**THE GRIMOIRE**

The big book where all the memories are kept.

**A MEMORY**

A moment you tell: a text, plus, if you like, a date, a place, photos, a voice.

**FIRESIDE**

A short conversation: you tell your story, Grimzoo asks a follow-up question to bring the details back.

**THE CLONE**

The page where you ask the memories a question: the answer comes only from what the person has told.

**THE WITNESS**

A loved one who adds to a memory through a simple link, without creating an account.

**THE SHARED GRIMOIRE**

The memories you choose, which the family can read, freely or with a code.

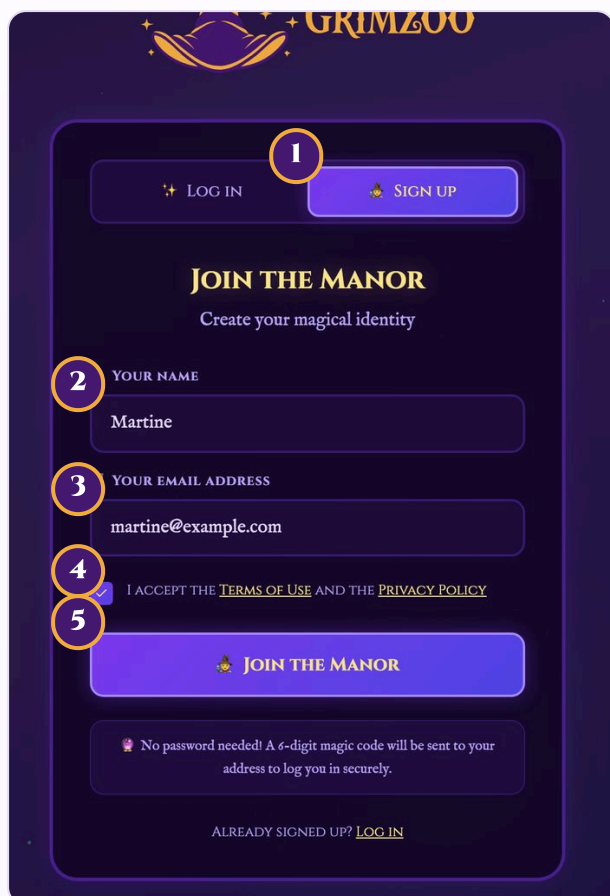
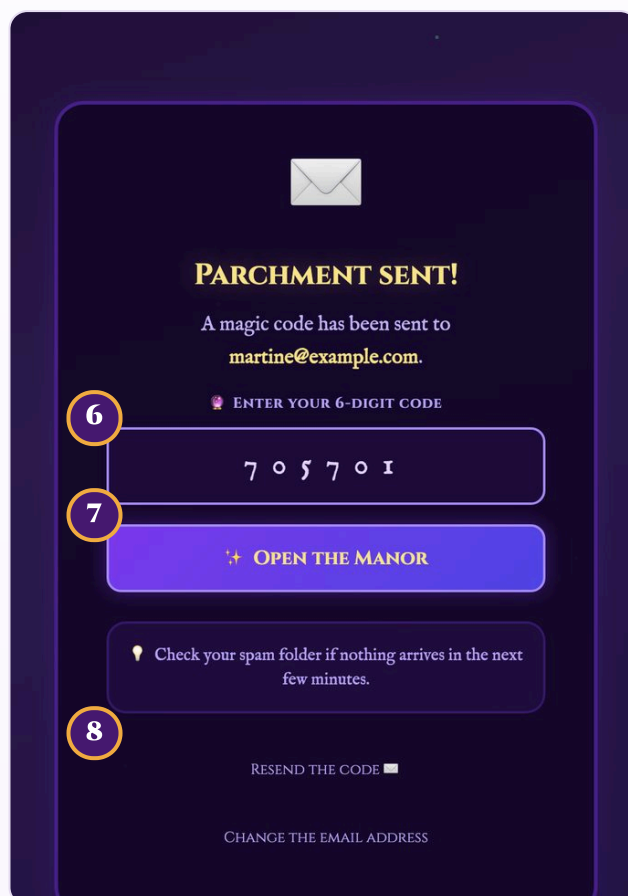
GOOD TO KNOW

Grimzoo talks to everyone like a friend, on purpose: you tell your life as you would to someone close. And nothing is final: any memory can be edited or deleted at any time.

STEP 1

CREATING THE ACCOUNT

The Grimoire is created in the name of the person whose memories you're gathering. The email address can be theirs, or yours if they don't have one.

- 1 On grimzoo.com, click “Get started”, then the Sign up tab.
- 2 The person's first name.
- 3 The email address that will receive the codes.
- 4 Tick the terms of use box.
- 5 Click Join the Manor.
- 6 Copy in the 6-digit code you got by email...
- 7 ... then click Open the Manor.
- 8 Nothing arrived? Look in your spam folder, then ask for a new code.

GOOD TO KNOW

The code is only valid for a few minutes. If it has expired, just ask for another one.

STEP 2

THE PROFILE AND CONSENT TO AI

Two questions, just once.

- 1 The person's first name.
- 2 The person's year of birth: it places the memories in the periods of life.
- 3 Click Enter the Manor.
- 4 Grimzoo then asks for consent to use artificial intelligence. The screen explains what is sent, and to whom. Without consent, free writing is still open.
- 5 I accept: Fireside follow-up questions, Tailored questions, automatic sorting, answers to questions.
- 6 No thanks – private journal: you can change your mind later, in Settings.

PRIVACY

Memories are encrypted and hosted in Europe. They are never used to train an AI, and are never sold or shared.

PREPARING

PREPARING A SESSION

A good session lasts 20 to 30 minutes. Several short sessions are better than one long one.

BEFORE

- A quiet place, with no television.
- The screen between the two of you, the microphone checked.
- A few old photos, an object, a postcard: they wake memories up.
- One or two questions in mind (the Question of the day, or Discovery).

DURING

- Give it time: a silence isn't a failure.
- Don't correct dates or names during the story: check afterwards.
- Keep the person's own words, even clumsy ones.
- One memory at a time: finish it, then move on to the next.

AFTER

- Reread the engraved text together.
- Add the date, the place, the feeling.
- Show the person what the family will see.

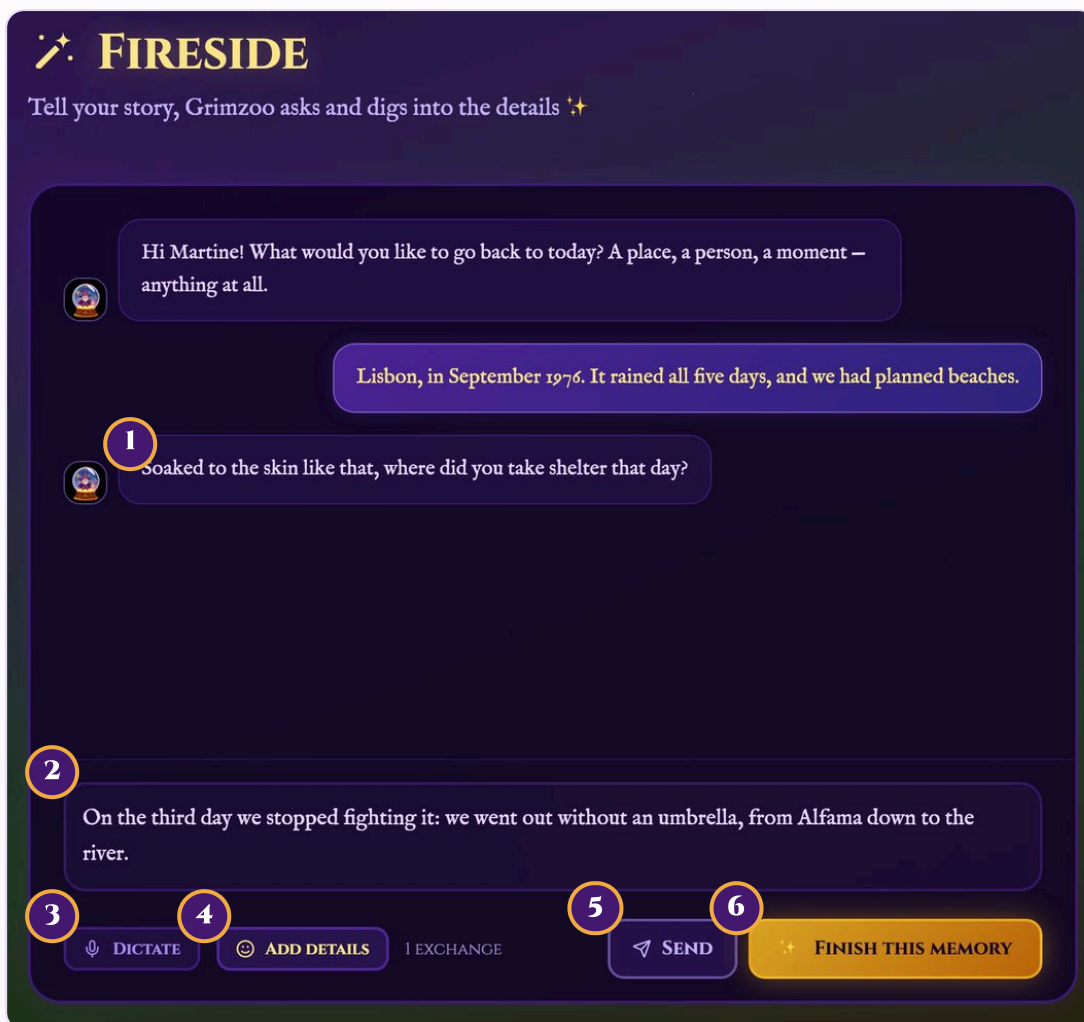
IF IT'S HARD

- Old memories often come back more easily than recent ones.
- A photo or a song helps more than a question.
- A painful memory? You can stop, and untick sharing.

THE BEST WAY

FIRESIDE FOR TWO

The person tells, you hold the screen, and Grimzoo asks the follow-up questions. In the *Quill*, choose Fireside.



✨ FIRESIDE
Tell your story, Grimzoo asks and digs into the details ✨

Hi Martine! What would you like to go back to today? A place, a person, a moment – anything at all.

Lisbon, in September 1976. It rained all five days, and we had planned beaches.

1 Soaked to the skin like that, where did you take shelter that day?

2 On the third day we stopped fighting it: we went out without an umbrella, from Alfama down to the river.

3 4 5 6

DICTATE ADD DETAILS EXCHANGE SEND FINISH THIS MEMORY

- 1 Read Grimzoo's question aloud.
- 2 Type their answer...
- 3 ... or better, dictate: the person speaks, the text writes itself.
- 4 Add details: feeling, date, place.
- 5 Send: Grimzoo asks for more (three times at most).
- 6 Finish this memory: Grimzoo writes the story up neatly, in the person's own words.

DICTATING WELL

Bring the microphone close, in a quiet room. Dictation works in recent browsers (Chrome, Edge, Safari); if the button doesn't appear, the browser doesn't offer it.

SPARKING THE MEMORY

STARTING FROM A PHOTO

On the Manor, Tell a photo's story: choose the photo, and Grimzoo opens a Fireside chat about it.



- 1 The photo stays at the top of the conversation: the person looks at it while telling.
 - On the Manor, the **Question of the day** also offers a different question every day. In the **Quill**, **Discovery** draws a question at random.

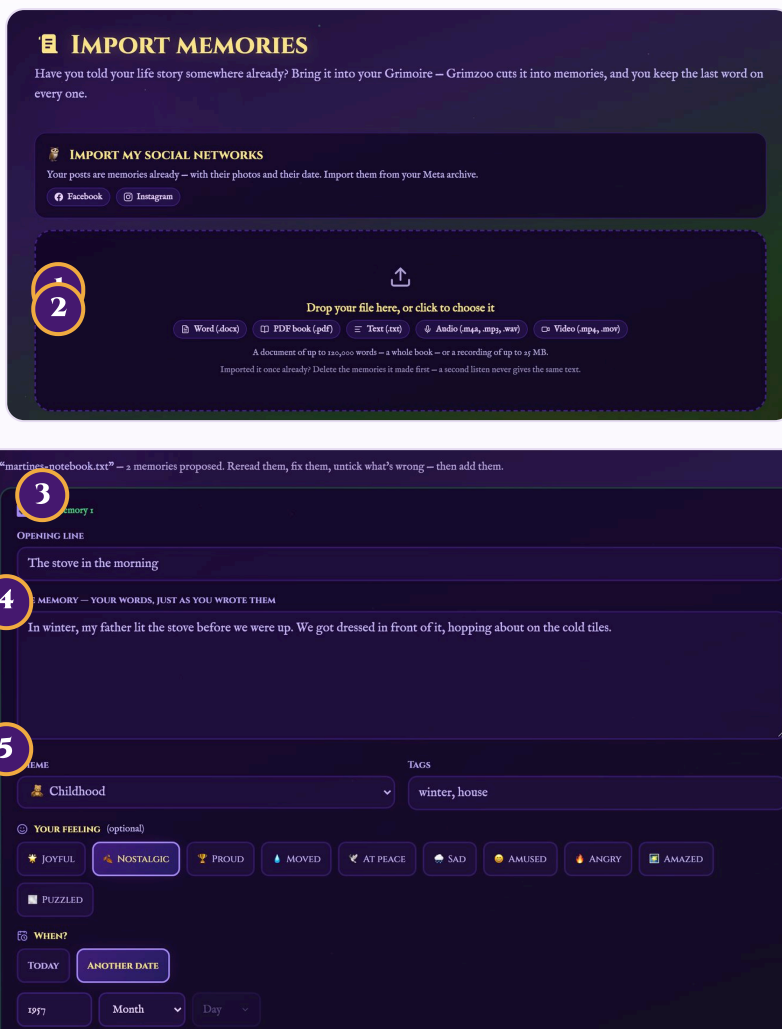
GOOD TO KNOW

The photo gets the conversation going. To keep it with the memory, add it afterwards on the memory's page (Edit → Photos).

A RECORDED INTERVIEW

IMPORTING AN INTERVIEW, A NOTEBOOK, A BOOK

Recorded the person on the phone, filmed a conversation, or have they already written their memoirs? In the Quill, Import.



IMPORT MEMORIES

Have you told your life story somewhere already? Bring it into your Grimoire – Grimzoo cuts it into memories, and you keep the last word on every one.

IMPORT MY SOCIAL NETWORKS

Your posts are memories already – with their photos and their date. Import them from your Meta archive.

Facebook Instagram

2 Drop your file here, or click to choose it

Word (.docx) PDF book (.pdf) Text (.txt) Audio (.mp3, .mp2, .wav) Video (.mp4, .mov)

A document of up to 120,000 words – a whole book – or a recording of up to 25 MB.
Imported it once already? Delete the memories it made first – a second listen never gives the same text.

3 "martinez.notebook.txt" – 2 memories proposed. Reread them, fix them, untick what's wrong – then add them.

4 MEMORY — YOUR WORDS, JUST AS YOU WROTE THEM

In winter, my father lit the stove before we were up. We got dressed in front of it, hopping about on the cold tiles.

5 TIME TAGS

Childhood winter, house

YOUR FEELING (optional)

JOYFUL NOSTALGIC PROUD MOVED AT PEACE SAD AMUSED ANGRY AMAZED

WHEN?

TODAY ANOTHER DATE

1997 Month Day

- 1 Drop the audio recording (up to 25 MB), the video (only the sound is used), a notebook or a PDF book...
- 2 ... Grimzoo transcribes it and splits it into memories.
- 3 Reread each suggested memory; untick what doesn't fit.
- 4 The text stays as it was spoken: Grimzoo splits, it doesn't rewrite.
- 5 Theme, tags and date are suggested; correct them. Choose the feeling together with the person.

A GOOD METHOD

Record the person for 20 minutes on your phone, without worrying about the screen, then import the recording in the evening.

UNDERSTANDING IT

FILING A MEMORY: THE SEVEN MARKERS

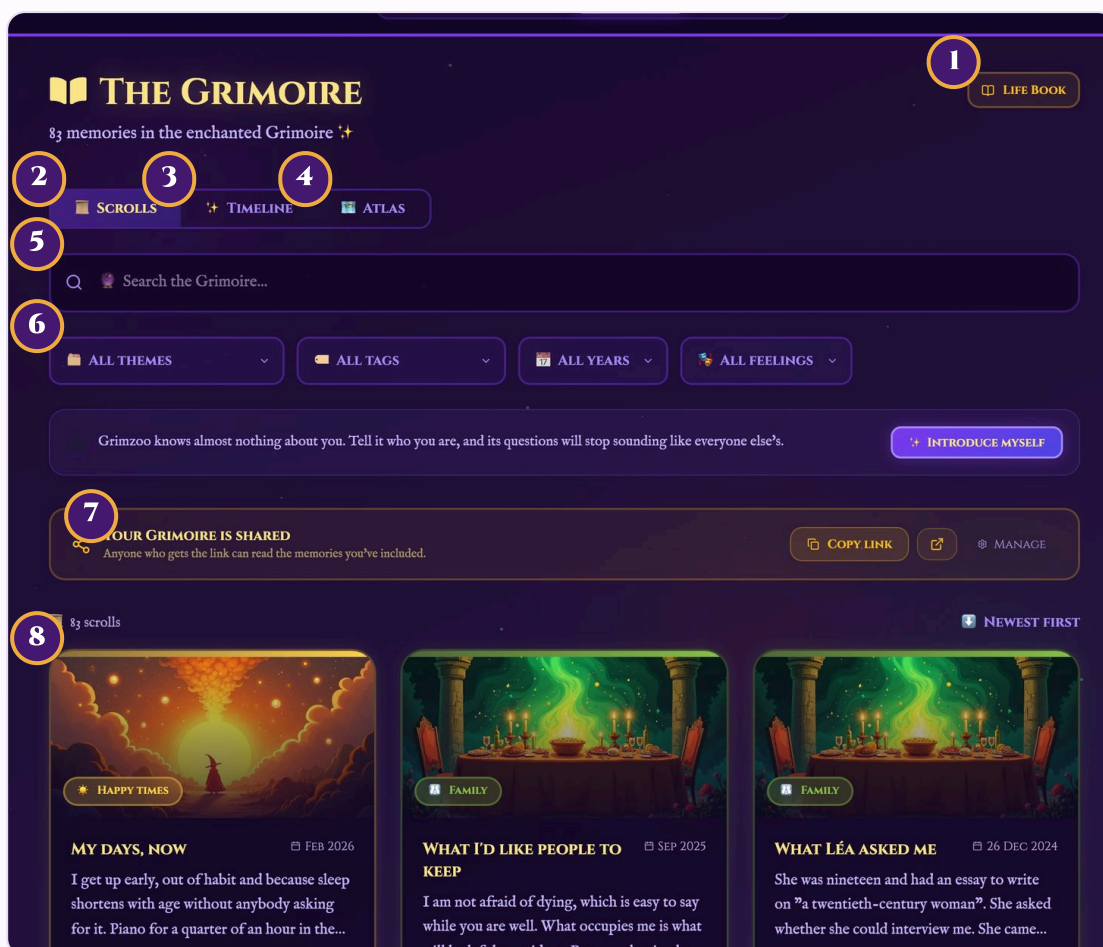
A memory is first of all a text. Everything else is optional, but it helps you find it, place it in time and share it. Nothing has to be filled in on the day itself.

The theme	The big subject of the memory. There are 12: Childhood Family Friends Love / Relationships School / Studies Work / Career Travel Passions / Hobbies Places Objects Hard times Happy times If you don't pick one, Grimzoo works out the theme on its own. You can always change it.
The feeling	How the person feels looking back: what they feel today, thinking back to it – not necessarily what was felt at the time. Just one, out of ten: Joyful Nostalgic Proud Moved At peace Sad Amused Angry Amazed Puzzled Optional: Grimzoo never guesses it.
The tags	Free keywords, to find a memory again later: a first name, a place, an object (“Alain”, “camping”, “bike”). Type the word, then Enter or a comma. Up to 20 per memory.
The date	The year is enough; the month and day are optional. For several years, tick “It’s a period”. If the text says “in July 1962”, Grimzoo suggests the date on its own: the note ✨ Date read in your text shows it, and the little cross erases it.
The place	A town or a village, picked from the list offered. It puts the memory on the Atlas map.
The period of life	Worked out on its own from the date and the year of birth: Childhood (0-12), Adolescence (13-18), Young adult (19-30), Adult (31-50), Maturity (51 and over). It arranges the memories on the Timeline.
Shared or not	The “Include in the shared Grimoire” box decides whether this memory can be read by loved ones. Unticked, it stays private.

FINDING

THE GRIMOIRE: ALL THE MEMORIES IN ONE PLACE

In the menu, Grimoire. Each memory is a card there.

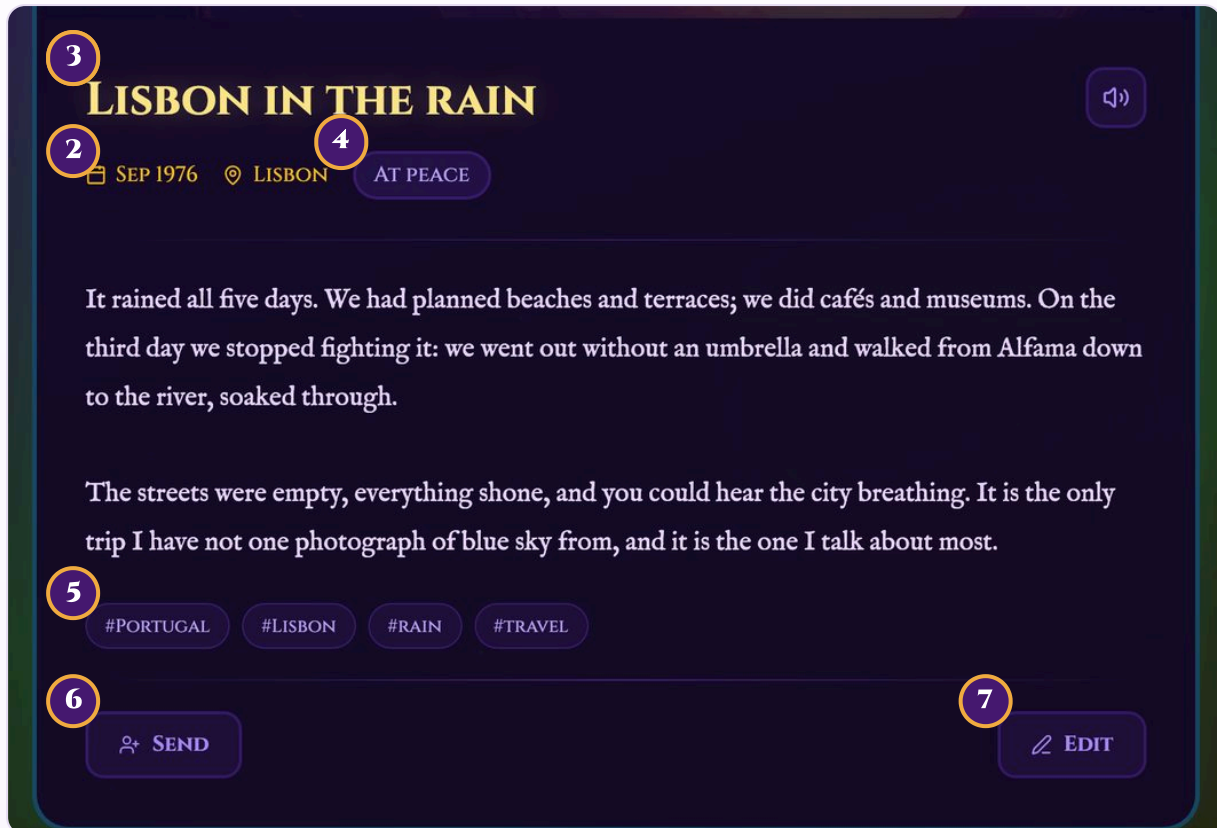


- 1 The Life Book is put together from here.
- 2 Scrolls: the memories as cards.
- 3 Timeline: the memories in the order of a life.
- 4 Atlas: the memories on a map.
- 5 Search for a word: “Lisbon”, “bike”, a first name. The search reads the photos too.
- 6 Filter by theme, tag, year or feeling.
- 7 Whether it’s shared, and the link to copy.
- 8 Click a card to open the memory.

FINDING

A MEMORY'S PAGE

Click a card to open the memory's page: the text and all its markers.



- 1 The title.
- 2 The date.
- 3 The place.
- 4 The feeling.
- 5 The tags.
- 6 Send: have someone read the memory, or ask a loved one to add to it.
- 7 Edit: correct the text, add a photo, a voice, a marker.

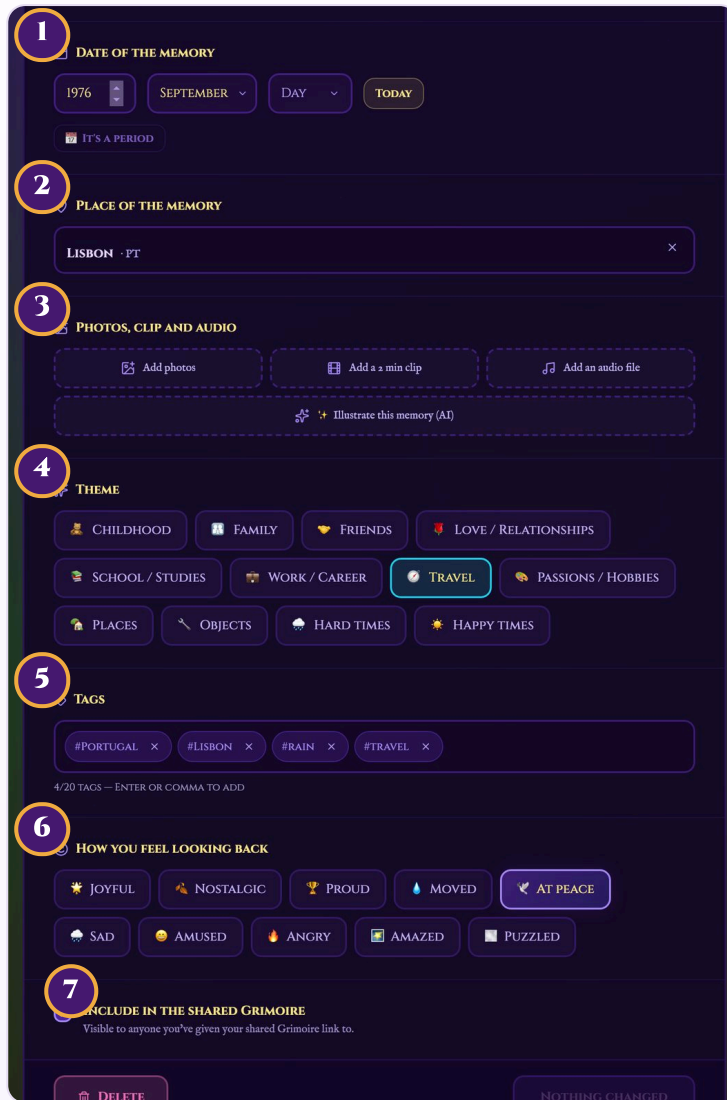
GOOD TO KNOW

While editing, “Dictate” adds what you dictate after the text, without erasing anything.

FINDING

EDITING A MEMORY: PHOTOS, VOICE, MARKERS

“Edit” opens the whole memory. Fill in what you want, when you want.



The screenshot shows the 'Edit Memory' interface with the following sections and callouts:

- 1 DATE OF THE MEMORY**: Includes a year selector (1976), a month dropdown (SEPTEMBER), a day dropdown (DAY), and a 'TODAY' button. Below is a checkbox for 'IT'S A PERIOD'.
- 2 PLACE OF THE MEMORY**: A text input field containing 'LISBON · PT'.
- 3 PHOTOS, CLIP AND AUDIO**: Includes buttons for 'Add photos', 'Add a 2 min clip', and 'Add an audio file'. Below these is a dashed box with an AI icon and the text 'Illustrate this memory (AI)'.
- 4 THEME**: A grid of category buttons including CHILDHOOD, FAMILY, FRIENDS, LOVE / RELATIONSHIPS, SCHOOL / STUDIES, WORK / CAREER, TRAVEL (highlighted), PASSIONS / HOBBIES, PLACES, OBJECTS, HARD TIMES, and HAPPY TIMES.
- 5 TAGS**: A text input field containing tags: #PORTUGAL, #LISBON, #RAIN, and #TRAVEL. Below the field is the text '4/20 TAGS — ENTER OR COMMA TO ADD'.
- 6 HOW YOU FEEL LOOKING BACK**: A grid of emotion buttons including JOYFUL, NOSTALGIC, PROUD, MOVED, AT PEACE, SAD, AMUSED, ANGRY, AMAZED, and PUZZLED.
- 7 INCLUDE IN THE SHARED GRIMOIRE**: A checkbox labeled 'Visible to anyone you've given your shared Grimoire link to.'.

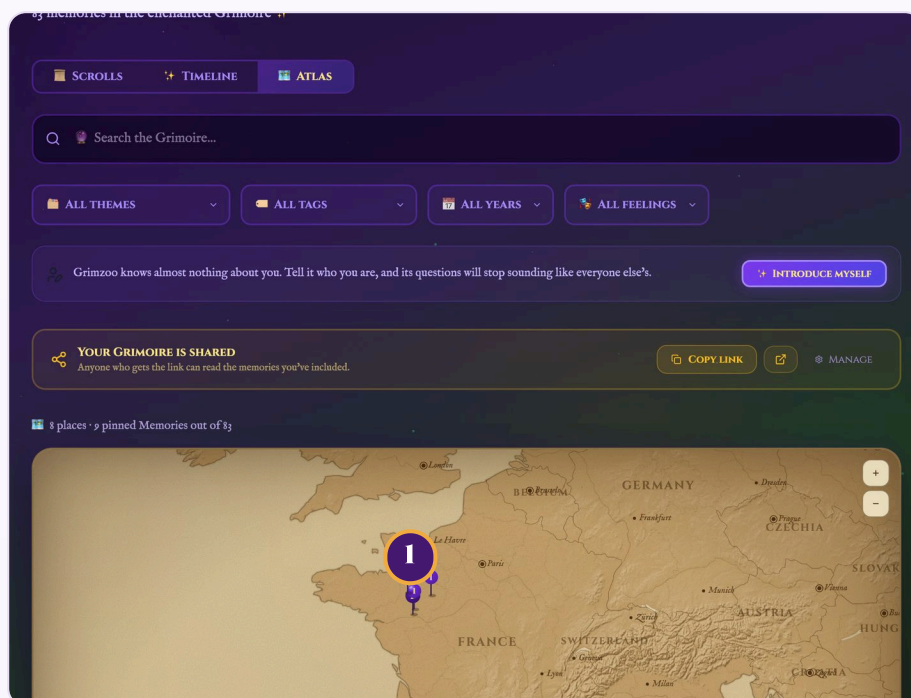
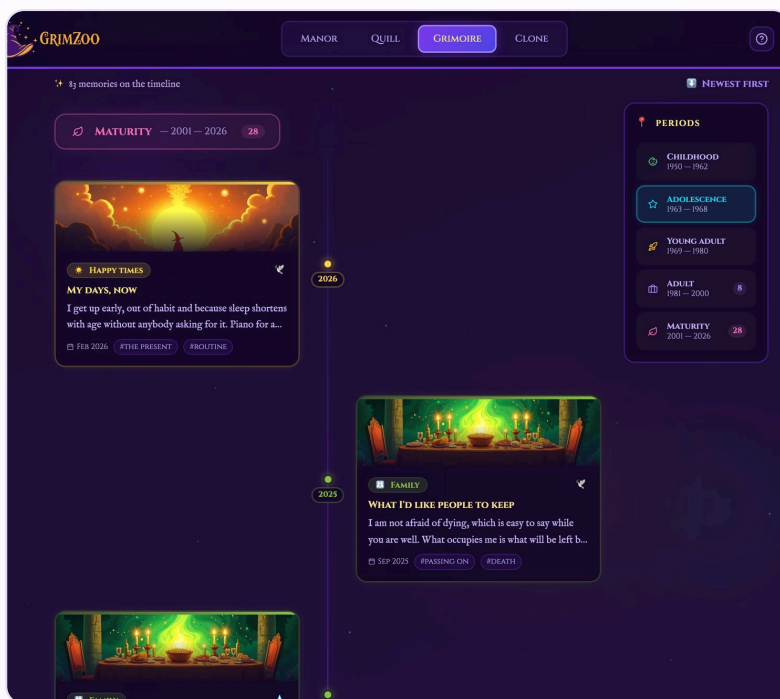
At the bottom of the form are two buttons: 'DELETE' and 'NOTHING CHANGED'.

- 1 Date: the year is enough.
- 2 Place: a town from the list.
- 3 Photos, clip and audio: up to 10 photos (one becomes the cover photo), a 2-minute video, a voice telling the story. With no photo, *Illustrate this memory* has the AI draw a picture.
- 4 Theme: the big subject of the memory.
- 5 Tags: first names, places, objects. Enter or a comma to add one.
- 6 Feeling: how the person feels looking back.
- 7 Include in the shared Grimoire, or not.

FINDING

THE TIMELINE AND THE ATLAS

Two more ways to browse the memories: through time, and on a map.



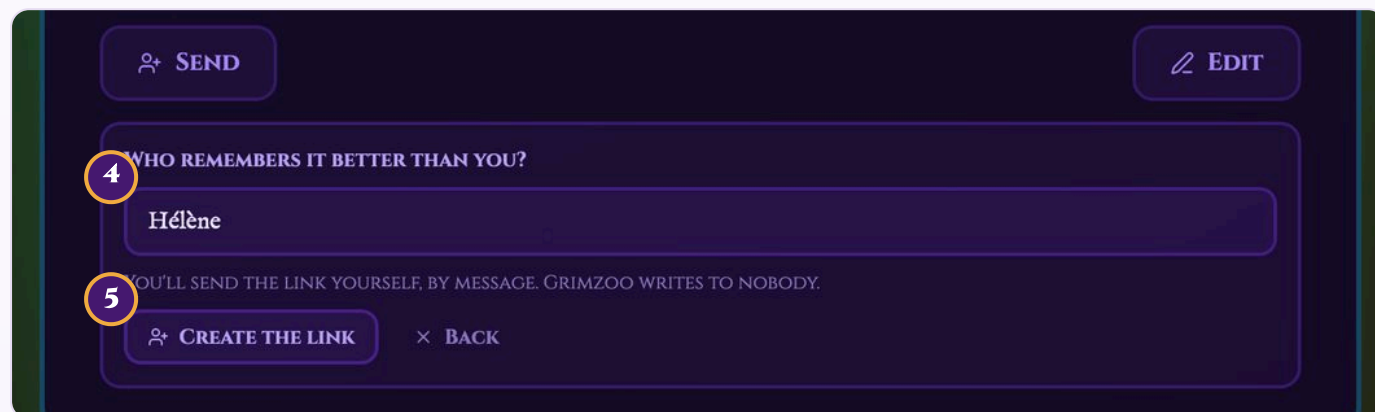
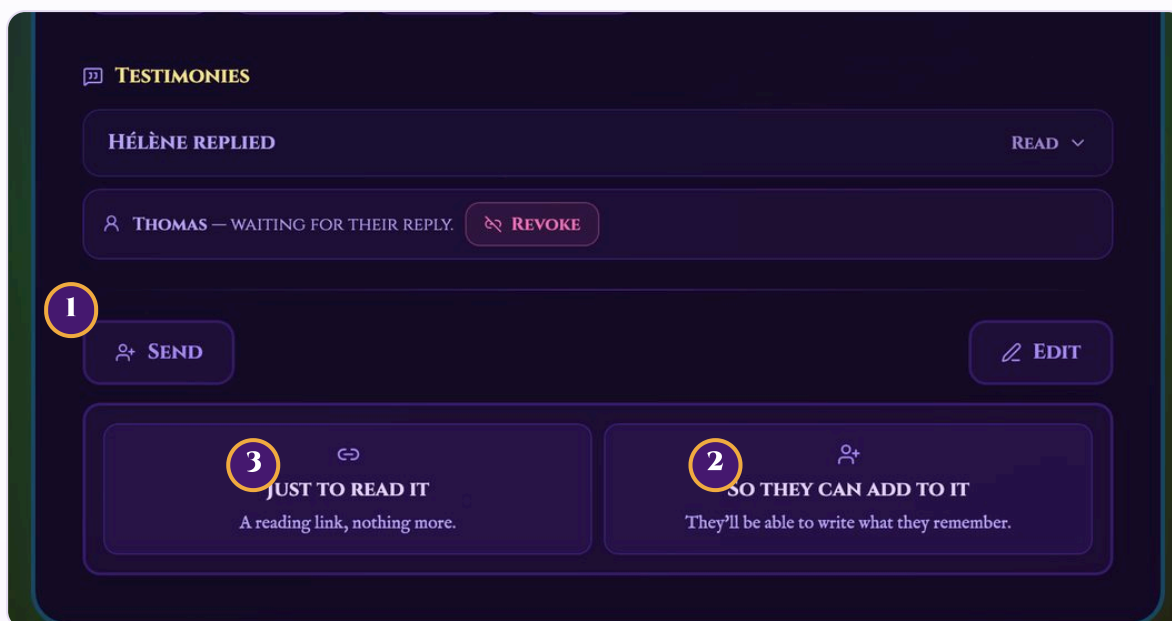
- The Timeline arranges each dated memory by period: Childhood, Adolescence, Young adult, Adult, Maturity. A memory without a date doesn't appear on it.

- 1 The Atlas pins every memory that has a place. Click a pin to open its memories.

THE FAMILY

ASKING A LOVED ONE TO ADD TO A MEMORY

Someone remembers a moment better? Send them the memory: they read it and write what they remember, without creating an account.

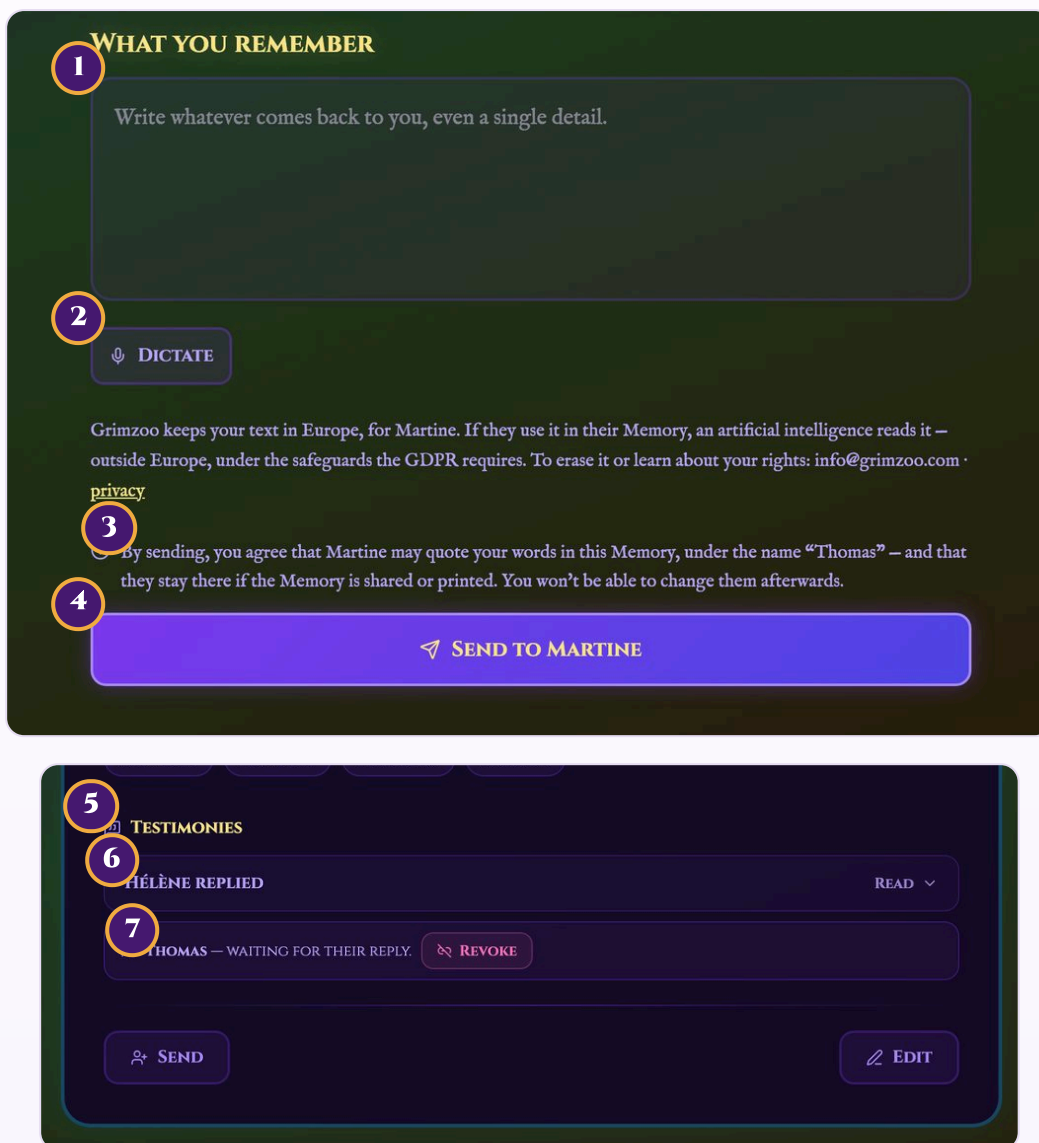


- 1 On the memory's page, click Send.
- 2 Choose So they can add to it.
- 3 "Just to read it" only sends a reading link.
- 4 Type the loved one's first name.
- 5 Create the link: it's copied. Paste it into a text message, WhatsApp or an email. Grimzoo never writes to anyone itself.

THE FAMILY

WHAT THE LOVED ONE SEES, AND THEIR REPLY

The loved one opens the link on their phone or computer.



1 WHAT YOU REMEMBER

Write whatever comes back to you, even a single detail.

2  **DICTATE**

Grimzoo keeps your text in Europe, for Martine. If they use it in their Memory, an artificial intelligence reads it – outside Europe, under the safeguards the GDPR requires. To erase it or learn about your rights: info@grimzoo.com · [privacy](#)

3 By sending, you agree that Martine may quote your words in this Memory, under the name “Thomas” – and that they stay there if the Memory is shared or printed. You won’t be able to change them afterwards.

4  **SEND TO MARTINE**

5 TESTIMONIES

6 HÉLÈNE REPLIED READ ▾

7 THOMAS — WAITING FOR THEIR REPLY. REVOKE

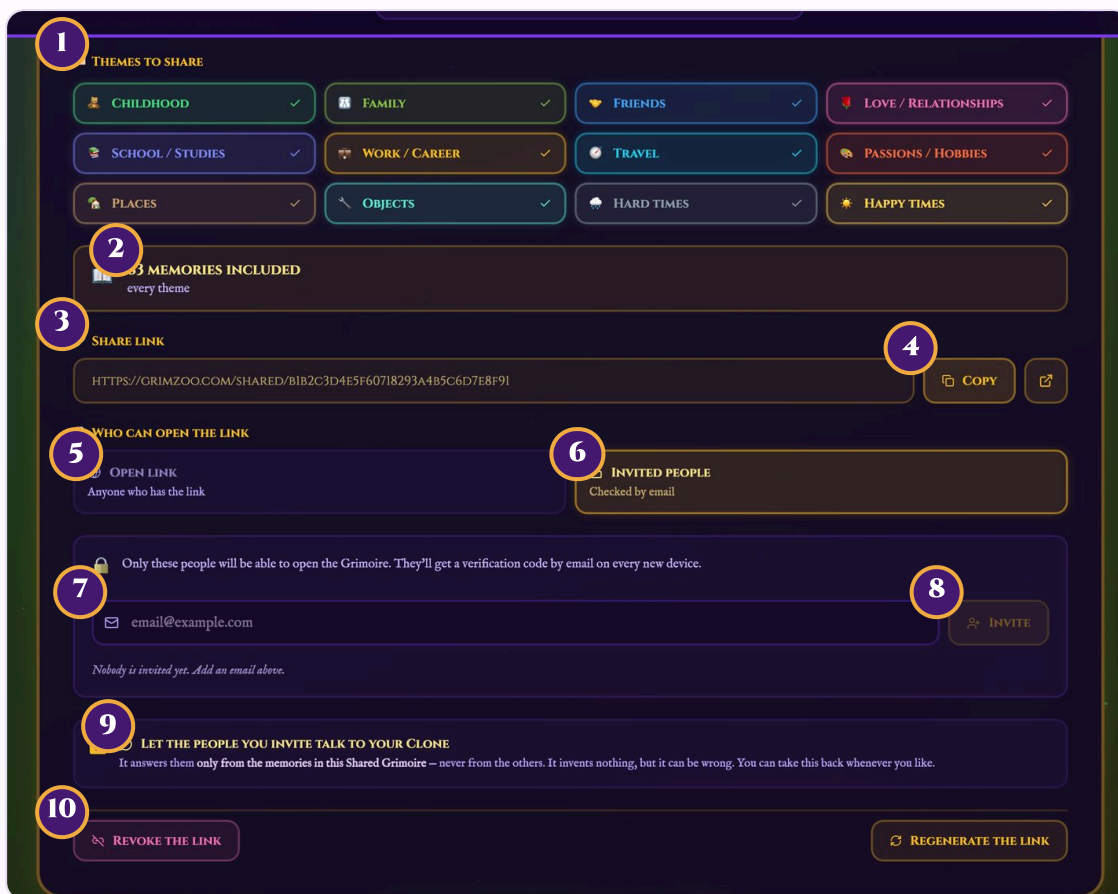
 **SEND**  **EDIT**

- 1** They write what they remember...
- 2** ... or dictate it.
- 3** They agree to be quoted in the memory, under their first name.
- 4** They send it.
- 5** Their reply arrives in Testimonies, on the memory’s page.
- 6** Read the reply, then decide whether to quote it or blend it into the text. Nothing goes in on its own.
- 7** Loved ones who haven’t replied yet are shown as “waiting for their reply”.

SHARING

OPENING THE GRIMOIRE TO THE FAMILY

In Settings, under “Shared Grimoire”.



The screenshot shows the 'Shared Grimoire' settings interface. It includes sections for 'THEMES TO SHARE' with various theme buttons (Childhood, Family, Friends, Love / Relationships, School / Studies, Work / Career, Travel, Passions / Hobbies, Places, Objects, Hard Times, Happy Times), 'MEMORIES INCLUDED' (set to 33), 'SHARE LINK' (a long URL with a 'COPY' button), 'WHO CAN OPEN THE LINK' (set to 'OPEN LINK' with 'Anyone who has the link'), 'INVITED PEOPLE' (set to 'Checked by email'), an email input field with an 'INVITE' button, a section for 'LET THE PEOPLE YOU INVITE TALK TO YOUR CLONE', and buttons for 'REVOKE THE LINK' and 'REGENERATE THE LINK'.

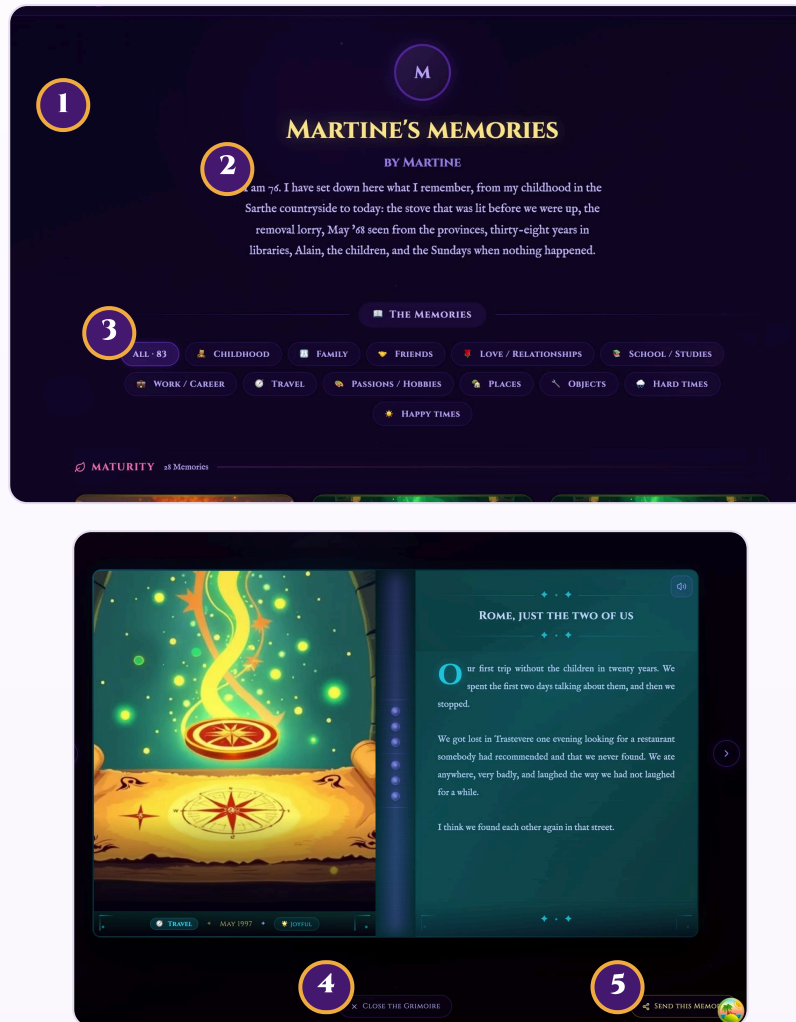
- At the top of the section: turn on the Shared Grimoire, give it a title and a description.

- 1 Tick the themes to share.
- 2 The number of memories included.
- 3 The link to send...
- 4 ... and the button to copy it.
- 5 Open link: anyone who has the link can read.
- 6 Invited people: only the addresses you add can read, with a code.
- 7 Add the family's addresses...
- 8 ... and click Invite.
- 9 Loved ones can also ask the memories questions.
- 10 Revoke the link: nobody can open the Grimoire any more.

SHARING

WHAT LOVED ONES SEE

The Shared Grimoire reads like a book, without creating an account.



- 1 The title chosen in Settings...
- 2 ... and the description.
- 3 Loved ones filter by theme.
- 4 Each memory opens as a double page; move to the next one with the arrows.
- 5 A memory can be sent on to someone else.

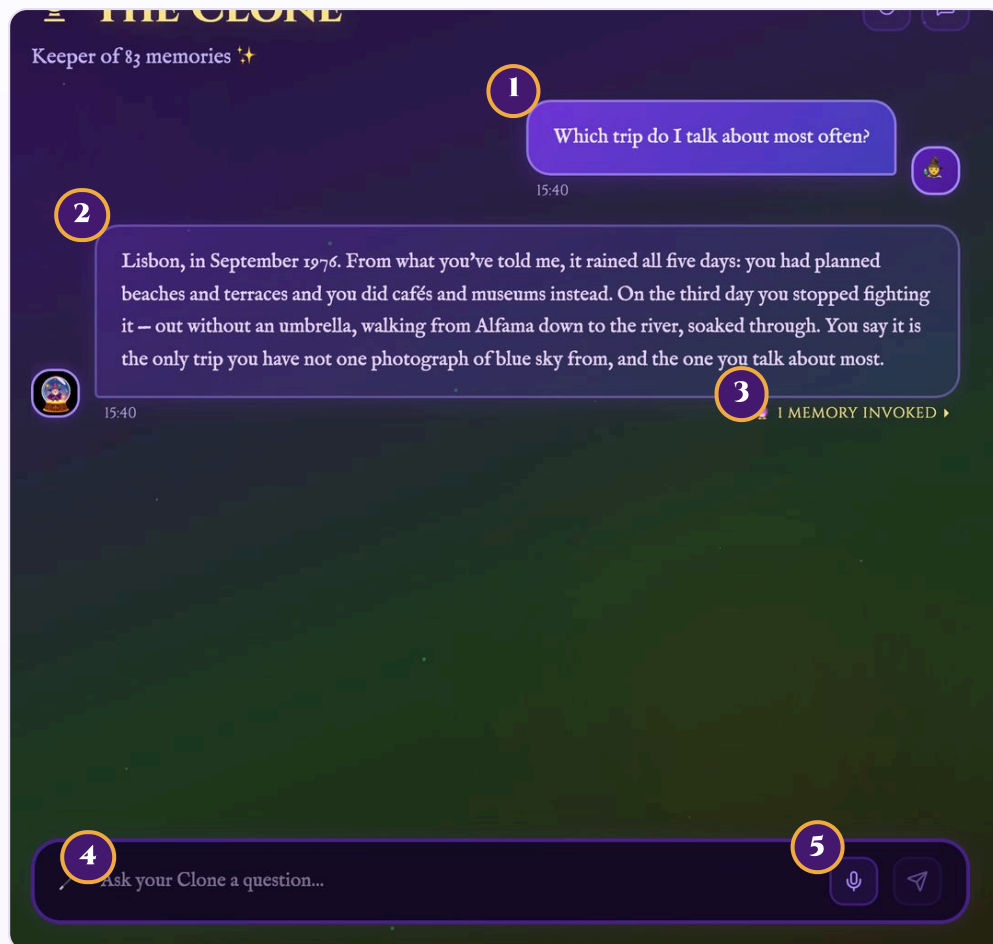
FOR INVITED PEOPLE ONLY

The loved one first enters their email address, then the 6-digit code they receive. Only memories with the “Include in the shared Grimoire” box ticked appear.

ASKING

ASKING YOUR MEMORIES A QUESTION

In the menu, Clone. Ask a question in everyday words; the answer comes only from the memories, and says which memory it comes from.



- 1 The question: "Which trip do I talk about most often?"
- 2 The answer, made only from what the person has told.
- 3 1 memory invoked: click to see the memory the answer comes from.
- 4 Write a new question here...
- 5 ... or dictate it.

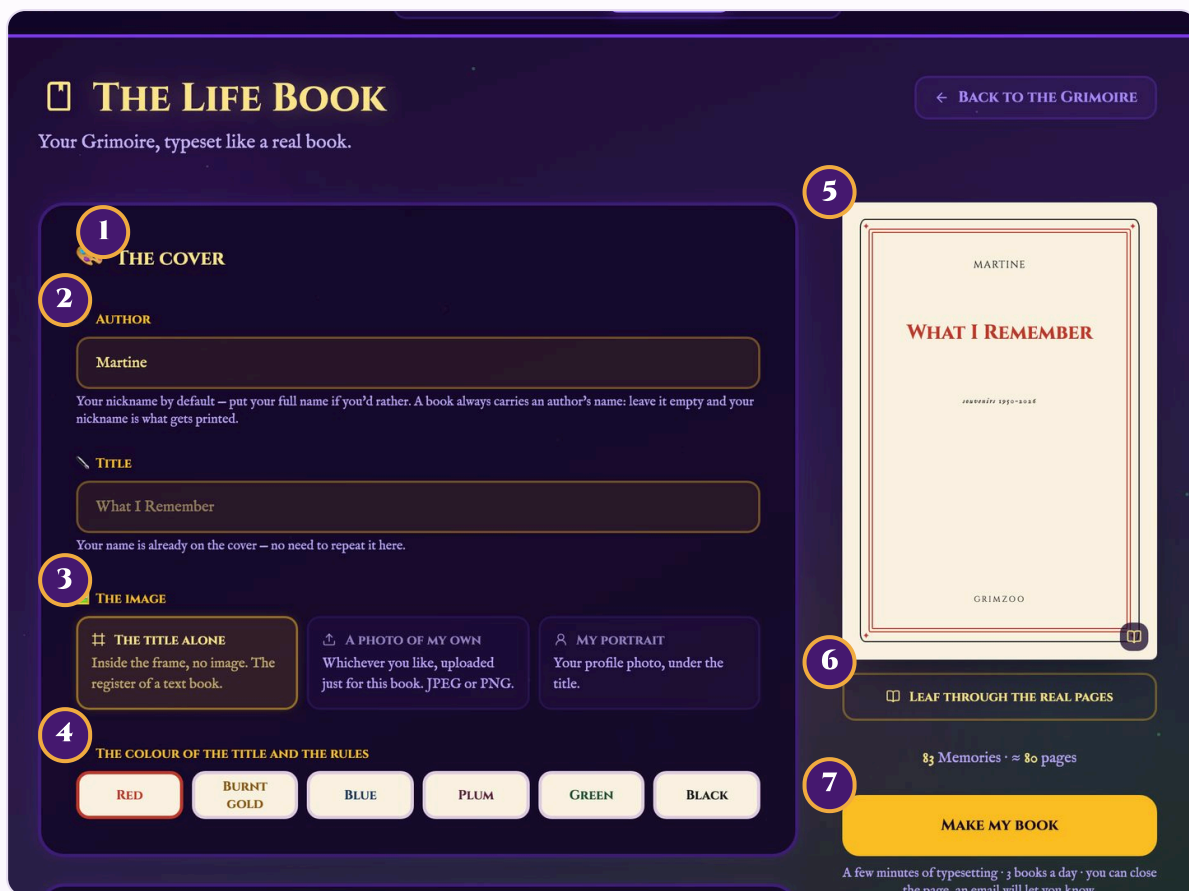
WORTH KNOWING

It makes nothing up: if it can't find the answer, it says so. It opens from 3 memories, and gets richer with every new memory.

KEEPING

THE LIFE BOOK

From the Grimoire, Life Book lays the memories out as a real book, with the photos.



- 1 The cover: the book's settings.
- 2 The author's name, and the title.
- 3 The cover image: the title alone, a photo, or a portrait.
- 4 The colour of the title.
- 5 The cover preview.
- 6 Leaf through the real pages: the book as it will be printed.
- 7 Make my book: the PDF is ready to print, at home or at a printer's.
 - Further down: the dedication, the chapters (by period or by theme), the format (A5 or 16,5 × 24 cm).

A GIFT IDEA

A Life Book to give for a birthday, at Christmas or to the grandchildren. You can make it again when new memories arrive.

IN A CARE HOME

A TYPICAL SESSION, FOR CARE TEAMS

In a care home, a nursing home or at home, Grimzoo can support a memories workshop or life story work. With no extra workload: the family takes over.

STEP	WHO	WHAT
1 · Open	The team or the family	The Grimoire in the resident's name, with a relative's email address. Consent from the resident or their representative.
2 · Tell	Activities coordinator, volunteer or relative	20 to 30 minutes of Fireside by voice, with a photo or an object to get started.
3 · Share	The family	The Grimoire for invited people only, relatives asked to add to it with the Witness.
4 · Keep	The family	The Life Book, to give or to keep.

REMEMBER

No medical data. The Grimoire is the resident's: their family keeps access to it. One session a week is enough to keep a Grimoire alive.

FREQUENTLY ASKED QUESTIONS

THE QUESTIONS PEOPLE ASK US

The person has memory problems	Old memories often stay the most within reach. A photo, a song, an object help. Grimzoo isn't a therapy tool, simply a place to keep what is told.
Who can read the memories?	Nobody but the account holder, as long as nothing is shared. After that, only the ticked memories, and only people who have the link or whose address has been invited.
What about artificial intelligence?	It asks follow-up questions, tidies up, sorts and answers questions, using only what has been told. It only switches on with explicit consent, and never trains on the memories.
How much does it cost?	Nothing during the launch phase, with no limit. A free plan will remain afterwards.
I'm gathering for both my parents	One Grimoire per person, so one email address per Grimoire.
Can we get everything back?	Yes: Settings → Export the Grimoire, as PDF, Word or raw data, at any time.

A QUESTION?

Write to pierre@abecedia.com. Grimzoo is also an app for iPhone and Android: grimzoo.com/telecharger.