

Take a walk to meaningful places



Goals: To provide the opportunity to revisit meaningful places and promote a sense of well-being and belonging. By visiting meaningful places, participants can relive memories and focus on what is particularly important to them.

Preparations: Identify places or memories that are meaningful for the elderly person. These could be places from their childhood, previous residences, favorite parks, or other personal sites.

Meaningful places: Choose one of the meaningful places and plan a suitable route for the walk. Pay attention to the elderly person's physical abilities and needs, including breaks if necessary.

- Before starting the walk, discuss with the elderly the memories and feelings associated with the place.
- During the walk you can continue to talk about the memories and feelings associated with the place.
- When you reach the place, take time to stop and reflect. Allow the elderly to relive their memories. This could be looking at the landscape, nature or buildings that are important to them.
- Take photos to help preserve the memories of the walk.

Time: 

30 minutes or more.

Alone or in a Group: 

This is an individual activity.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal