

## Listen to audiobooks



### Goals:

- Provide entertainment and cultural stimulation for the elderly.
- Stimulate cognitive activity by listening to books.
- Create a relaxed and peaceful atmosphere.
- Provide a meaningful and rewarding activity for the elderly.

### Description:

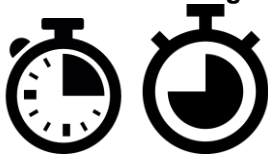
- **Time and place:** Choose a convenient time and place for the activity. It can be in a joint day room, a special reading room or in the elderly's own room if they prefer.
- **Materials:** You will need a set of audio books suitable for the target group. These can be classic novels, self-help books, detective stories or anything else that interests the elderly.
- **Equipment:** Make sure the elderly care center has enough audio players that can be used to play the audiobooks. If possible, use headphones to give the participant a better audio experience.
- **Choice of audiobooks:** Choose a wide range of audio books for the elderly so that they can choose depending on their taste and interests. It is good to ask the elderly about their preferences for audio books.
- **Listen to audiobooks:** Organize sessions where the elderly can sit down and listen to audio books. Start by choosing a book together with the elderly and then you can start the playback. Make sure the sound level is suitable.

### What is needed:

- A collection of audio books suitable for the target audience.
- Audio players and possibly headphones.
- A comfortable place to listen to audiobooks.
- Dedicated staff who can help with selection and playback.

Audio books are an excellent activity for elderly care centers as they provide entertainment, stimulate cognitive activity and promote relaxation. It gives the elderly the opportunity to enjoy literature.

**Time:** Short or long



**Activity:** Calming



**Fellowship:** Alone



20-30 minutes or more.

This activity is performed individually with the elderly

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