

## Reading a daily newspaper aloud



### Goals:

- Promote communication and social interaction among the elderly.
- Stimulate cognitive activity by reading and discussing news and articles.
- Create a pleasant and relaxed atmosphere through reading aloud.
- Introduce something new and interesting into the lives of the elderly.

### Description:

- **Time and place:** Decide on a suitable time and place for the reading. This could be in a dining room or other joint space where the elderly can gather comfortably and sit down.
- **Choice of newspaper:** Choose a daily newspaper that is appropriate for the target group, with interesting articles that can engage the elderly. It is good to vary the newspaper occasionally to keep it interesting.
- **Equipment:** You can use a regular newspaper or project the newspaper on a screen if necessary to increase the readability of the text.
- **Preparation:** Before the reading begins, read through the newspaper and choose some interesting articles or headlines to read aloud. It is also good to have some questions or discussion points prepared to encourage conversation after the reading.
- **Reading aloud:** Read aloud, clearly and calmly. Make sure to adjust your voice volume so that everyone can hear, but avoid shouting. Pause to allow the participants to reflect or ask questions.
- **Discussion:** After reading an article, start a discussion with the participants. Ask for their views on the topic, if they have any personal experiences to share or if they have any questions. This encourages interaction and engagement.
- **Reflection time:** End the reading with a short reflection time where the elderly can share their thoughts about the session or what they have learned.

### What is needed:

- A daily newspaper with interesting articles
- Possibly a projected image of the newspaper for better visibility
- Prepared questions and discussion points
- Someone who can do the reading aloud
- A space with seating where the reading can take place

Reading the daily newspaper aloud can be an excellent activity in elderly care centers to promote socialization and cognitive stimulation. It is also an opportunity to keep the elderly informed about current events and discuss their opinions and experiences.



**Time :**  
20-30 minutes



**Alone or in a group:**  
This is a group 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