

Barbecue



Goals:

- To create a pleasant and social activity for the elderly.
- To give the elderly an opportunity to enjoy the outdoor environment and fresh air.
- To encourage social interaction and a shared dinner together with other elderly.

Step 1: Planning

- Choose a suitable location for the barbecue, such as a garden, courtyard or terrace.
- Decide on a date and time that is suitable for the elderly.
- Make sure you have a working grill and all the necessary barbecue equipment, plates, cutlery and napkins.
- Decide on the type of food to be grilled, for example hamburgers, sausages, vegetables and corn.

Step 2: Preparations

- Check the grill and make sure it is safe to use.
- Prepare the food by for example marinating the meat, chopping the vegetables or preparing other dishes that will be grilled
- Prepare tables and seating with tablecloths, plates, cutlery and napkins.
- Make sure you have fire-fighting equipment nearby for safety reasons.

Step 3: Barbecue

- Welcome the elderly and help them to the area.
- Grill the food and include the elderly in the process if they are interested.
- Encourage conversation and social interaction while the food is being prepared.
- Serve the grilled food and enjoy the meal together.
- Encourage the elderly to share their thoughts about the barbecue.

What is required:

- A grill and barbecue accessories.
- Food items for the barbecue
- Tables and seating.
- Plates, cutlery and napkins.

- Fire-fighting equipment for safety

The aim of a barbecue for elderly is to provide a pleasant and social activity where they can enjoy the outdoor environment, share a meal and interact with each other. It is an opportunity to create memorable moments and encourage social interaction.

Time: Long



One hour or more.

Activity: Activating



Fellowship: Together



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