

Meal in a restaurant



Goals:

- To give elderly an opportunity to enjoy a meal outside their home/residence and experience a different environment.
- To promote social interaction and fellowship with friends or family.
- To create a positive dining experience and have a chance to try new dishes.

Description:

Going to a restaurant is a pleasant and social activity that gives elderly a break from everyday life and the opportunity to enjoy a tasty meal.

Step 1: Preparation (Preparations before going to the restaurant):

- Decide a time and date that is suitable for going to a restaurant.
- Choose a restaurant that offers food that suits the elderly's taste and any dietary restrictions.
- Make a table reservation if necessary.
- Inform the restaurant of any special needs, such as accessibility or allergies.

Step 2: Dinner:

- Help the elderly to choose dishes from the menu, if necessary.
- Help ordering food and drinks, and ensure that any special requests are clearly communicated to the serving staff.
- Free conversation and interaction during the meal, share for example experiences and memories.

What is required:

- A suitable restaurant.
- A booked reservation if necessary
- A companion or caregiver who can assist the elderly with ordering and payment.
- Information of special diets or allergies

The aim with the activity is to offer the elderly a pleasant and tasty meal in a relaxed environment, promote social interaction and create memorable experiences. It provides a break from the daily routine and an opportunity to enjoy good food and good company.

**Time:**

More than 1 hour. Include time for transport.

**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