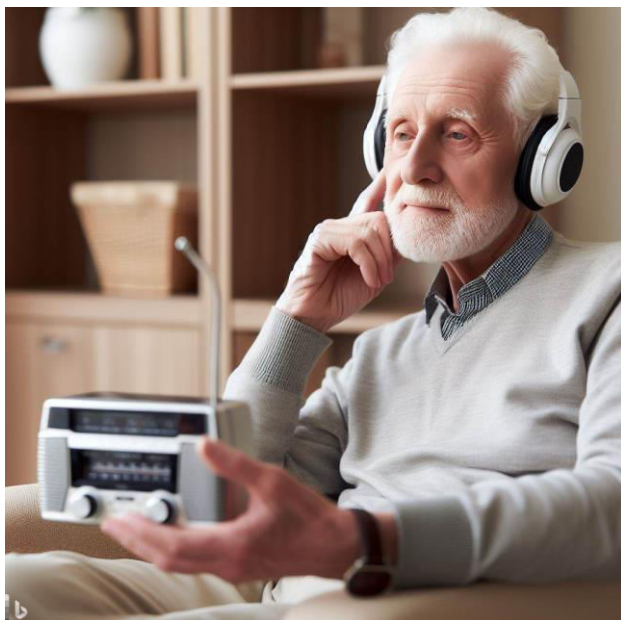


Listen to the radio



Objectives:

The aim of this activity is to promote social interaction and fellowship among the elderly and to provide entertainment, relaxation and memory stimulation through radio listening.

Description:

This activity is designed to create a relaxed and stimulating environment where elderly can listen to radio programmes and then discuss the content.

- Create a comfortable listening environment
- Let the elderly choose a radio programme or a genre of music they are interested in listening to. Try to choose programmes or music that can generate interesting discussions.

Free internet radio: <https://www.radio.net/>

- Let the elderly listen to the radio programme or music in silence.
- After listening, start a discussion where the elderly can share their thoughts, memories and impressions about what they have just heard.

Time: Short



10-30 minutes.

This activity is done individually with the older person.

Activity: Calming or activating



Fellowship: Alone



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