

## Read a book or a magazine



### Goals:

- Promote the joy of reading and reading as a meaningful and enjoyable activity.
- Stimulate mental activity and cognitive stimulation through reading.
- Provide an opportunity for elderly to relax and enjoy quiet time for themselves.

### Description:

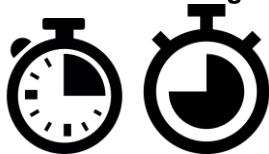
- Start by collecting information about the elderly's literary interests. Ask what genres, authors or books he/she is interested in. Make sure to have a range of books available to suit different tastes.
- Environment: Create a comfortable and relaxing environment. This can be in a special reading room or in the elderly's own room. Make sure there is good lighting and comfortable seating.
- Choice of literature: Choose a book or magazine that the elderly can read individually. This could be a daily newspaper, weekly magazine, short novel, short stories, poetry or anything else that interests her/him. Use library resources or collect books and magazines from different sources.
- Reading time: Organize a fixed time where the elderly can sit down and read the book or magazine. It can be a daily reading time or a weekly time.

### What is needed:

- A range of books or magazines suitable for the target group.
- A comfortable reading environment with good lighting and seating.
- Timing of reading time.

Reading is a rewarding and relaxing activity that can promote literacy and mental stimulation for the elderly.

#### Time: Short or long



20-30 minutes or more.

#### Activity: Calming



#### Fellowship: Alone



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