

Look at tv



Objectives:

Provide entertainment and relaxation through television viewing.

Description:

This activity aims to create a relaxed environment where the older person can watch TV programmes.

Preparation:

- Create a comfortable viewing environment with seating for the older person, a TV and a sound system.
- Obtain a TV magazine or a list of popular programmes for the older person to choose from.
- Staff who can help with technical aspects and volume control.

Programme selection:

- Let the older person choose a TV programme or film that they are interested in watching.
- If possible, try to choose programmes that can generate interesting discussions afterwards, such as documentaries or nostalgic TV programmes.

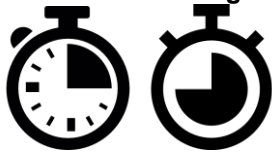
TV viewing and discussion:

- Let the participant watch the programme in silence. Make sure the sound volume is appropriate.
- After the programme ends, start a discussion where the older person can share their thoughts, impressions and memories related to the programme watched.

- Encourage the participant to discuss their favourite scenes, characters or any similarities with their own life experiences. Examples of questions can be found here:
 - What was your favourite moment in the programme/film? Why?
 - Which characters did you like the most and why?
 - How do you relate to the main characters or plot?
 - What memories or experiences did the programme/film remind you of from your own life?
 - How did the music and soundtrack affect your viewing experience?
 - What themes or messages do you think the programme/film conveyed?
 - Are there any scenes that were particularly emotional or poignant for you? If so, why?
 - What did you think of the direction, photography or special effects?
 - If the programme/film is based on a true story, how did it affect your perspective?
 - Are there any messages or lessons you can draw from what you saw?

By following these instructions, you can create a relaxing and rewarding experience for the elderly while promoting memorable discussions.

Time: Short or long



Activity: Calming or activating



Fellowship: Alone



The length can vary from 5-30 minutes, possibly longer.

This activity is carried out individually.

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