

## Visit the library



### Goals:

- Promote cultural stimulation through access to books and the library environment.
- Enabling the elderly to interact with the outside world and society.
- Stimulate social interaction and togetherness through a group trip.
- Provide a meaningful and rewarding experience for elderly

### Description:

#### Step 1. Planning and preparation:

- Before the visit begins, make sure you have made all the necessary arrangements, including transportation to the library if needed.
- Choose a nearby library that is accessible and suitable for elderly
- Choose a suitable time and date for the visit, and make sure you communicate this clearly to the participants.

#### Step 2. The library visit:

- During the visit to the library, give the participants time to explore the collection of books, magazines, and any other media that the library offers. Staff can help in selecting books or answer questions about the library's range of materials.

#### Step 3. Reflection and discussion:

- After the library visit, initiate a discussion: ask the participants about their experiences, whether they found any interesting books or what they thought of the library. This provides an opportunity to share impressions and experiences.

### What is needed:

- Preparations including contact with the library.
- Clear communication of the time and date of the visit.
- Possible transportation to and from the library.
- Time for exploring the library and selecting books.
- Staff who can support the elderly throughout the activity.

**Time :**

This activity takes at least 1-1,5 hours

**Alone or in a group:**

This activity can be performed in a group or 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