

50 IDEAS FOR VIRTUAL INTERACTION WITH OLDER ADULTS

Here are some ideas for interaction using a phone or tablet

1. Ask questions about the past: <https://www.aplaceformom.com/caregiver-resources/articles/engaging-questions>
2. Share your own favorite stories and memories
3. Read aloud from newspapers or magazines to help him/her stay informed
4. Google the older adult's hometown for news to share
5. Read from a favorite book of poetry or a novel
6. Listen to music or sing together
7. Discuss your favorite vacations and view 360-degree photos from some famous travel destinations: <http://www.fullscreen360.com/>
8. Show off your pet by video or access a pet therapy tele-visit: <https://catdogs.org/teledog/>
9. Watch the same television program and discuss the show
10. Write poetry or a short story together
11. Tell jokes: <https://www.suddenlysenior.com/favorite-senior-joke-book/>
12. Learn a new word at every visit
13. Play along with a television game show
14. Play 20 Questions
15. Discuss the current season and the changes it brings
16. Talk about recent or upcoming holidays and traditions
17. Play Name That Tune: <https://apple.co/3jG1SMY>
18. Talk about what you have been up to since your last virtual visit
19. Give them a virtual tour around your home or yard
20. Read inspirational stories about people doing good
21. Play a virtual board game together: <https://www.smithsonianmag.com/innovation/twelve-board-games-you-can-play-friends-afar-180974686/>
22. Play a Word Search online together: <https://www.arkadium.com/games/daily-word-search/>
23. Talk about what you would both do if you had a million dollars
24. Meditate together <https://www.mindful.org/audio-resources-for-mindfulness-meditation/>
25. Find YouTube videos about a subject he/she would like and watch together
26. Invite the older adult to watch you cooking and discuss their favorite recipes or foods

27. Play an instrument on video chat and invite the older adult to request their favorite type of music
28. Play online games for seniors. You play on your end, them on theirs and compare scores: <https://games.aarp.org/category/all-games>
29. Read the Bible or other spiritual books and discuss faith
30. Show off a home improvement project you are undertaking and ask the older adult's advice if they are interested, for example on interior decoration or a home remodel project
31. Watch an online museum tour together and discuss your views on art
32. Draw pictures together and share
33. Invite them to watch while you put plants in a pot or garden bed and use it as an opportunity to discuss nature. Keep them up to date with how the plant is growing on successive visits
34. Watch sports videos online and discuss favorite sports teams
35. Create a secret handshake together
36. Watch TED talks together and facilitate a conversation about the chosen topic
37. Participate in online volunteer opportunities together. You can find ideas on VolunteerMatch.org or other volunteer service boards online
38. If the older adult speaks another language, ask them to teach you a few words or phrases. If you speak another language, teach the older adult a few words or phrases
39. Watch online religious services together
40. Play top songs from decades past and share your memories around those songs
41. Do in-chair exercise together
42. Bird watch together through live video streams: <https://bit.ly/30BUNUp>
43. Watch the live video stream from the International Space Station on nasa.gov. Discuss science and space exploration together
44. Stream PBS Documentaries together: www.pbs.org
45. Discuss major historical events from your lifetimes and share related photos from your personal archives or found online
46. Complete a crossword puzzle together, asking the older adult for answers while you read the clues.
47. If you have children, introduce them to the older adult or share photos. Ask the older adult about their children, grandchildren, or nieces and nephews
48. Share stress management strategies with each other
49. Choreograph a special dance that the two of you can do together, being mindful of the older adult's abilities and limitations.
50. Write a song together and perform it for others on a group video chat.