

# Caregivers' Cove

Entertain a senior with delightful conversations and be entertained yourself. Check out these tips.

## The Favourites<sup>1</sup>

Favourite era  
Favourite relative  
Favourite gift  
Favourite trip  
Favourite song/singer

## Conversations Tips wth Seniors<sup>2</sup>

Find a space with less distractions  
Stay on one topic  
Use close-ended questions for seniors with cognitive challenges to make the conversation easy to follow.

## When I Was Young<sup>1</sup>

How parents disciplined  
Childhood friends  
The first job  
Unforgettable people  
Festive celebrations

## Sharing Wisdom<sup>1</sup>

Good life values  
Being a true friend  
Building family and career  
Finding happiness  
Ageing well



Photo credit: Unsplash

1. "5 Interesting Topics To Talk About With Seniors", <https://familymattershc.com/5-interesting-topics-to-talk-about-with-seniors/>, 18 Dec 2021  
2. "44 ENTERTAINING DISCUSSION TOPICS FOR SENIORS", <https://www.trendingus.com/entertaining-discussion-topics-for-seniors/>, 18 Dec 2021

# 看护者港湾

以有趣的话题娱乐长者，也自得其乐。  
以下是些贴士。

## 最爱<sup>1</sup>

最爱的年代  
最爱的亲人  
最爱的礼物  
最爱的旅游  
最爱的歌曲、歌手

## 与乐龄对话贴士<sup>2</sup>

避免干扰的地点  
专注在一个主题  
用封闭式问题协助有  
精神障碍的长者对话

## 我年轻时<sup>1</sup>

父母如何管教孩子  
童年朋友  
第一份工作  
难忘的人  
佳节庆祝

## 分享智慧<sup>1</sup>

好的人生价值观  
成为挚友  
成家立业之道  
寻求快乐  
乐活人生



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