



It can be difficult to know what to talk about with an elderly family member or friend, especially when they have been asked to stay at home for their own safety.

Here are some questions to spark lively conversation and help an elderly friend feel connected to the community, the life they have lived and their members, all of which are important to feelings of well-being.

Conversation Starters

- Tell me about our Family Tree
 - Exactly how are we related?
 - What did your parents do for a living?
 - From where and when did your parents' families migrate to America?

- When is your Birthday?
 - Where were you born?
 - Were you named after anyone?
 - Did you have any siblings? If so.....
 - ✓ What were they like?
 - ✓ Were they younger or older?
 - ✓ What one word would describe each?
 - ✓ Tell me funny stories or sweet memories you have of them.

- What were you like when you were young?
 - Where did your family live? What was your house like? Your bedroom?
 - What kind of student were you? What was your favorite subject?
 - Who was your best friend?
 - What were you expected to do at home?
 - What were your parents strict about?
 - What did your parents teach you to value?
 - Did you go to church or the synagogue regularly? If so, what church? What do remember about church or Sunday School?
 - What did you love or appreciate most about your Father? Mother?



- What were your favorite things when you were young?
 - Song
 - Movie
 - Actor
 - Actress
 - Book
 - Radio program
 - Season
 - Vacation spot
 - Holiday
 - Flower
 - Color
 - Sport
 - Food
 - Subject in school

- Tell me about your life as you got a little older.
 - Did you go to high school? College? Did you graduate from college? What was your major?
 - If you didn't go to college, what did you do after your finished your education?
 - What was your first job at which you earned money?
 - What did you like to do on the weekends?
 - When did you start to date?
 - Where did you meet your spouse?
 - What was your first date?
 - What was your spouse like when you met? How old?
 - Where did they live? Where did you live?
 - What job were they holding? Did you work?
 - What did you like about them? What did they like about you?
 - What did you like to do on dates?
 - How long did your courtship last?
 - Did your parents like your spouse when you were dating?
 - What was the proposal like?

- Tell me about your Wedding Day.
 - What was the date and time of the wedding?
 - Where was it held?
 - What did you wear?
 - Who were your attendants?
 - Did you go on a Honeymoon?
 - Most vivid memory of my wedding day



- Tell me about your First Year of Marriage
 - Your first home, what was it like? How long did you live there? What's your best memory of your first home?
 - What advice would you give to someone who is newly married?

What thoughts you would like to share with me?

- Can you share your deepest values?
 - What are you most proud of?
 - Finish this sentence for me...
 - "Everyone thought I shouldn't, but I was glad I _____."
 - "I was always sorry I didn't _____."
 - "I felt very strongly about _____."
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- How the world has changed since you were young?
 - Most memorable invention.
 - Most memorable discovery.
 - Do you remember the first time man landed on the Moon? Tell me what you remember from that day. d
 - A time saver your Mom never had...
 - A time saver your Dad never had...
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- Today "My Favorite"
 - Song
 - Movie
 - President
 - Actor
 - Actress
 - Book television program
 - Newscaster
 - Season
 - Vacation spot
 - Flower
 - Color
 - Dessert
 - Saying

Staying connected is an important part of maintaining one's mental health and feeling of well-being. If you have an elderly friend or family member please remember to reach out to them during this difficult time of isolation, fear and anxiety. It will do you BOTH good!