



## Summertime Conversation

Here at Visiting Angels Denver, we sometimes notice that the family or friends of our senior clients are at a loss when it comes to having a successful visit. Whether it becomes difficult to have meaningful conversations because an aging parent has memory loss, or whether well-intentioned friends spend time cleaning or helping instead of just visiting, having an engaging time together can be difficult.



Thankfully, we are in the business of building relationships with seniors and their families. Our time working with aging adults has given us some insight into how to start a conversation that can lead to laughs, memories, and even some emotional healing. Research shows us that reminiscing is a failure free way to engage with seniors of all cognitive and physical abilities. Simply go in prepared with a few questions and see where the conversation goes. We

love hearing stories about family members who find out something new about their parent!

This summer, try tapping into the memories of the season. Sit outside with glasses of lemonade, snap some green beans or shuck some corn. Plant a few flowers, toss a beach ball together or watch lightening bugs fly by. No matter what activity you are doing, take some time to ask a few of our favorite summer inspired conversation starters. The key is to ask a question that requires more than a yes/no answer and to let them guide the conversation. Your job is to get the conversation going and then to just sit back and learn more about your loved one.

***Can you describe your favorite bathing suit from childhood?***

***Where was your favorite place to go to cool off when you were a kid?***

***Tell me about your favorite camping memory. What about a memory when everything went wrong on the trip?***

***Tell me all about your favorite summer vacation that your family took.***

***What happened when you went to your first baseball game?***

***Do you remember how to put up (or preserve) strawberry jam?***

***How did you learn to swim?***

These are just a few questions to get you started. With a bit of practice and patience, you and your loved one will be enjoying conversations and visits. If your loved one seems lonely in between your visits, or if you think your loved one would benefit from having someone else available to help out with tasks like grocery shopping or meal preparation, [give us a call](#). We'd love to be a part of your loved one's conversation and daily routine.

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