

Where in the World Do I Come From?

Mark where you were born or grew up! A more detailed U.S. map is on the back!



CONNECTING THROUGH CONVERSATIONS: SMALL GROUP COMMUNICATION FOR SENIORS

Enhancing Social Interactions,
Improving mental and
physical health, and
improving our Quality of Life!





Please finish this prompt:

“In groups, I feel most comfortable when...”

What is a Small Group Communication?



Interaction among

- A small group of people
- Meeting with a common purpose,
- Who feel a sense of belonging
- And exert influence on one another.

Task Behaviors

The behaviors performed by group members to ensure the tasks of the group are accomplished.

- *Initiating*
- *Information/opinion giving*
- *Clarifying/summarizing*
- *Recording/managing*



Maintenance Behaviors

The behaviors performed by group members to maintain good relations

- *Encouraging*
- *Gatekeeping*
- *Harmonizing/Compromiser*

Benefits of Groups

- **More & better information**
- More creativity
- Better memory
- Greater satisfaction






Innovations in Teamwork for Health Care

 Share



Watch on  YouTube



Benefits of Groups

- More information
- **More creativity**
- Better memory
- Greater satisfaction



Benefits of Groups

- More information
- More creativity
- **Better memory**
- Greater satisfaction



The Role of Small Groups in Enhancing Memory

**PHOTO SHARING
CIRCLES**



Social interaction

**MUSIC
GROUPS**



Structured Routine

**BOOK
CLUBS**



**Multi-sensory
engagement**

Benefits of Groups

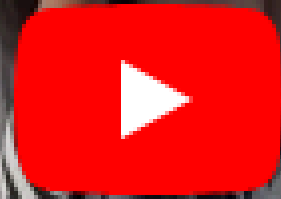
- More information
- More creativity
- Better memory
- **Greater satisfaction**






Working Out to the Radio


Share



Watch on  YouTube



Common Barriers for older adults

- Sensory impairment
- Cognitive changes
- Generational differences
- Technology gaps
- Stereotypes and ageism
- Physical environment
- Health issues





- Enhanced social connection
- Convenience and accessibility
- Cognitive stimulation
- Expanded learning opportunities

Elderly Connections with Technology

**Thank you for
sharing your
wisdom today
with our small
group!**

