

# Question Prompts for Older Adults

Provided by Brown University

A quick conversation with the older adult you serve can change their whole day! If you want to engage with an older adult who may be lonely, try asking a thoughtful question that sparks memories or shows interest in that person's life and well-being. Below is a sample list of questions to ask that may brighten a person's day and help them feel connected with the outside world.

## *Sparking casual conversation*

- What is something that made you happy this week?
- Is there anything you're looking forward to this week?
- Can you believe this weather?

## *Sparking conversations on likes/dislikes*

- What's your favorite food from Meals on Wheels?
- What song or singer do you love to listen to?
- What's your favorite season?
- What's your favorite time of year?

## *Sparking conversations on the present*

- I'm looking out the window. I see some [insert something you notice outdoors i.e. flowers] out there, and I also see [insert something else you notice outdoors] What do you see?
- What's the most amazing thing you've seen out your living room window?
- What is your favorite part of nature?

## *Sparking conversations about the past*

- Which invention from your lifetime are you most amazed by?
- What are the most rewarding things about getting older?

## *Sparking conversations on dreams/wishes*

- If you could talk to everyone on earth for 30 seconds, what would you say?
- If you could only pick one holiday to celebrate each year, which would it be?
- If you had to compete in an eating contest, what food would you consume?