5 Ways to Motivate and Encourage Seniors

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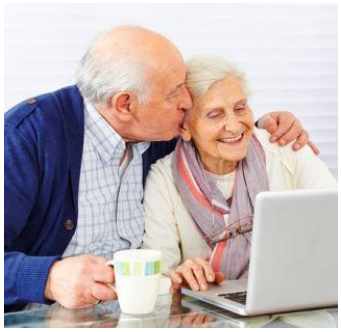

1. Encourage Few and Manageable Goals

Being goal oriented can instill motivation, a sense of purpose, and pride in accomplishment. Create few and manageable goals daily and compliment when the task is complete. Being acknowledged for completing it can sometimes make a senior's day!

2. Encourage Affirming Self-Identify

"Many, many elderly have such fascinating life stories. If only someone would listen."

Surround their living environment with positive memory anchors and help them construct their biography by articulating an oral and/or written history. It keeps them cognitively, emotionally and socially active. As you listen to the stories, ask questions to deepen the rich and vivid details of their recollections. Watch her face light up and her smile widen as she shares!

3. Encourage Technologies

Help connect them with family and friends via technology.

4. Encourage the Feeling of Usefulness

Identify and introduce conversational topics or tasks where the senior can feel wanted and needed. Ask them for their advice and opinions. Think of them as your mentor. Introduce manageable projects or tasks for them to be in charge of where they'll feel a sense of accomplishment.

5. Encourage Adaptive, Flexible Coping skills

Break tasks down into baby steps that are more manageable. Have realistic goals. Allow them to do what they're able, while helping just enough to complete a goal.