



Mayors Wellness Campaign[®]
Put your community in motion.



VOLUNTEER CONVERSATION STARTER GUIDE

Sharing memories and telling stories is a great way for older adults to develop relationships and stay connected. It can be challenging to start a relationship with someone you just met, especially if you are not able to have conversations in person. Use these ideas to help get your conversations going. Remember, everyone has a unique history and life experience. Questions that seem basic may evoke a negative or emotional response for some people. If a question seems to make someone uncomfortable, be prepared to move on.

CHILDHOOD

- Where did you grow up, what was it like growing up there? What brought you to Passaic County?
- What was your first job?
- What did your parents do for a living?
- What was your favorite thing to do as a kid?

PEOPLE WHO MATTER TO US AND LIFE EVENTS

- Do you have any children or grandchildren? Tell me about them.
- What has been your proudest moment?
- What historical event had the biggest impact on you?
- What is your favorite family tradition?
- Who in your family are you the most similar to/different from?

FAVORITES

- What is the most memorable trip you have taken?
- What is your favorite meal?
- What are your favorite movies/books/music?
- What are your hobbies? Have they changed throughout your life?

THE PRESENT

- Who do you see the most often?
- What do you consider a “good day”?
- What would you say is the most important thing to you right now?
- Who do you admire? Why?
- What is your best piece of advice?

