

Session Topics – Older Person

List of possible topics for Educating Nurses/Carers/Students/Volunteers



If you are considering participating in an education session, keep in mind - you are the expert about your life. Although you may feel you have little to offer, in reality you have a wealth of experience to share. The invitation was extended to you because the educator recognises this and values what you have to contribute.

Below is a list of topics that might spark an idea of things in your life you can share to enrich the educational experiences of learners. The educator will most likely inform you what they are specifically wanting you to contribute in the education session.

Topic	Learners need to understand...
Listening and asking question to work with different types of people	Students are interested in learning how to ask questions to determine the care needs of older people. They need to know the most effective ways to communicate with older people especially those who have a hearing impairment, those from different cultures, and those who have had a stroke or who have dementia.
Finding out about YOU to meet your specific needs	People involved with older people need to learn how to most effectively assess their care needs. Nurses can take your blood pressure but there is a lot more to know about you than that! The students need to learn other ways to discover the real YOU and how best to work with you to keep you as healthy as possible.
Experiences they can learn from and understand every aspect of life and ageing	You can inform the younger generations what it means to age in a healthy way – what have you done or what do you wish you had done? This is your chance to put old heads on young shoulders! Information about your life and how you have lived it will provide invaluable information for the audience.

	<p>If you have a chronic health issue, you can tell the students exactly what that means for you physically, emotionally, financially, socially which is a very powerful way of learning.</p> <p>You may have experience with managing loss and grief and although this is an emotive topic, the audience will especially appreciate your courage in sharing this with them.</p>
<p>Life stories to enrich understanding</p>	<p>Students need perspective. Comparing your life at their age and the way the world was then to their life now is powerful. You have lived an interesting life and hearing about that life can inspire the next generations.</p>
<p>Relationships</p>	<p>Learning about relationships that have lasted decades is needed. Over the years you have developed many relationships with family, partners, friends, community groups, communities. You will have experiences to share in how to develop relationships, how to maintain relationship and the meaning of relationships for you.</p>
<p>Attitudes and Stereotypes that help and hurt</p>	<p>Interacting with you can challenge some of the stereotypes students have of older people. Just being in the classroom will show that older people have a lot to contribute and remain vital members of society.</p>