



Interview a Senior

Wisdom and poetry can be found all around us in the stories of the senior citizens. You can record a meaningful interview with an older relative or senior in your community. Just ask simple questions and listen.

Do you have a relative to interview? If not, you can contact one of the following to inquire about a senior who may be interested in sharing their story:

- Social services or department of aging
- Senior community centers
- Church, synagogue or other religious organizations



What You Need

- Smartphone
- List of questions
- Refreshments to help create a comfortable and social environment

Some sample questions include:

- What is your first memory?
- How did your parents meet?
- What did you like most about your childhood home?
- What were your favorite subjects in school? What sports or activities did you participate in?
- How did your family celebrate holidays when you were a child? What is your favorite holiday memory?
- How did you meet your spouse?
- Ask them about their wedding day and honeymoon.
- Ask them about their jobs, their interest and hobbies.
- Ask them about their family. Did they have children? What did they do with their children (activities, vacations, etc.) when their children were growing up?
- Ask them how they feel about current events.
- Ask if there are any other memories that they would like to share.

StoryCorps has a project called *The Great Thanksgiving Listen* which can be done year-round. By participating in this project, you can join a movement to create the largest collection of voices ever gathered in human history which will be preserved at the Library of Congress forever. Check out the [Great Thanksgiving Listen](#) section on the **StoryCorps** site and download the app to help make history now!



Before the project

READ ONE OF THESE BOOKS.

***Sunshine Home* by Eve Bunting**

This is a good story for anyone planning to visit a nursing home. Bunting's warm and heart-warming portrayal of a family facing the challenges of aging and discovering how much they need and love one another.

***Wilfrid Gordon McDonald Partridge* by Mem Fox**

This is an amazing book that connects children with seniors and sets the stage for acts of kindness. It is a poignant story of a developmentally appropriate explanation to a young boy about losing one's memory.
