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Ageing Well

WP3/ A1 - Activity 2

Module D: Effective Ways to Communicate with the
Elders

HAPPSY

Lesson Plan 2: Respectful Communication





Lesson Plan 2: Respectful communication

Objective:

The experiential activities in the lesson plan aim to enhance participants' skills in respectful communication with the elderly through reflection, observation, and analysis. The objectives include deepening the understanding of communication principles, encouraging participants to articulate what constitutes respectful interaction, and fostering awareness of how these interactions impact the psychological and emotional well-being of the elderly. The activities promote self-reflection on personal communication practices, utilize visual learning through video observation and infographic analysis to reinforce respectful strategies, and facilitate group discussions and collaborative planning to apply these strategies in real-world contexts. Overall, the experiential components are designed to transform theoretical knowledge into practical skills, ensuring participants are well-equipped to interact respectfully and empathetically with elderly individuals in various settings.

Duration: 60 minutes in total (including all activities)

Activities:

- Individual Activity – Reflecting on Respectful Communication (20 minutes)
- Small Group Exercise – Video & Plan Development (20 minutes)
- Infographic Analysis – Respectful Communication (20 minutes)



Materials needed:

Activity 1

- Notepads and pens for participants to jot down their thoughts.
- A whiteboard or flipchart for summarizing group insights.

Activity 2

- A video showing an example of communication with elderly individuals. This can be a pre-recorded simulation or real-world interactions.
- A device capable of playing the video for all participants to see (e.g., a computer with a projector or a large monitor).
- Flip chart or whiteboard and markers
- Note-taking materials for participants.

Activity 3

- Infographic on respectful communication with the elderly, featuring key tips and visuals.
- Projector and screen or printed copies of the infographic for each participant.
- Notepads and pens for taking notes during the discussion.



Learning outcomes:

- Participants will gain a comprehensive understanding of the importance of respect in communication with the elderly, recognizing how it contributes to their dignity and well-being.
- Participants will be able to identify and articulate key elements that constitute respectful communication, including appropriate verbal cues, body language, and listening skills.
- Participants will develop insights into how respectful communication affects the psychological and emotional well-being of the elderly, fostering a deeper empathy and sensitivity.
- Through individual reflection activities, participants will assess their current communication practices and attitudes towards the elderly, identifying areas for improvement.
- Participants will analyze videos and infographics to extract key strategies for respectful communication, enhancing their ability to observe and learn from visual materials.
- Participants will collaborate to develop practical communication plans that integrate respect and empathy, learning to apply theoretical concepts in group settings.
- Participants will be prepared to implement the discussed communication strategies in their interactions with elderly individuals, ensuring those interactions are respectful and enriching.



- Through group discussions and presentations, participants will engage in constructive dialogue, sharing insights and strategies, which promotes peer learning and reinforces the community learning aspect.

List of sources and references related to the activity (APA style):

3AM Thoughts (2014, November 28). Life Lessons sharing and respecting others [Video]. YouTube. <https://www.youtube.com/watch?v=YNOnFsnjYhY>

Adams, D. D. & Warner, S. S. (2007). Honest, Direct, Respectful: three simple words that will change your life. VMI Publishers

Emirates NBD (2018, November 12). #GiveInToGiving [Video]. YouTube. <https://www.youtube.com/watch?v=WN18kGdPHzk>

Gerontological Society of America (2018, October 19). Communicating with Older Adults [Video]. YouTube. https://www.youtube.com/watch?v=g_0bKBXOvGU

Hanh, T. N. (2014). The Art of Communicating. HarperOne

Liu, D. (2021, June). How to Respect and Connect with Our Elderly [Video]. TEDxYouth@GranvilleIsland. YouTube. <https://www.youtube.com/watch?v=NiZOZ1zaXJk&t=10s>



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Activity 1: Reflecting on Respectful Communication

Individual Activity



ACTIVITY 1

Title of the activity: Individual Activity – Reflecting on Respectful Communication

Short description of the theoretical context of the activity:

Respect in communication is foundational in maintaining the dignity and well-being of elderly individuals. It involves recognizing their value and treating them with courtesy and understanding, which can significantly enhance their quality of life. This respect can be conveyed through various communication techniques, acknowledgment of their experiences, and sensitivity to their physical and emotional needs. Reflecting on these elements helps participants internalize the importance of their interactions with the elderly.

Aims and objectives of the activity:

- To deepen participants' understanding of the principles of respectful communication with elderly individuals.
- To encourage participants to identify and articulate what constitutes respectful communication.
- To foster an understanding of how respect affects the psychological and emotional well-being of the elderly.
- To promote self-reflection on personal communication practices and attitudes towards elderly individuals.



Materials Needed:

- Notepads and pens for participants to jot down their thoughts.
- A whiteboard or flipchart for summarizing group insights.

Duration of the activity: 20 minutes

Description of the process of the activity:

Step 1: Start with a brief discussion on the importance of respect in communication, particularly with elderly individuals. Highlight how respect can impact their sense of self-worth and overall emotional health.

Step 2: Ask participants to spend a few minutes reflecting on their previous interactions with elderly individuals—both positive and negative. Prompt them to think about what elements made those interactions respectful or disrespectful.

Step 3: Instruct participants to write down their thoughts about the key elements that constitute respectful communication. These might include listening attentively, using appropriate language, being patient, and acknowledging the elderly person's own life experiences and wisdom.

Step 4: Invite participants to share their reflections with the class. This can be done openly or by posting their written thoughts on a board where others can read them.

Step 5: Summarize the key points raised by the participants, emphasizing common themes and adding any additional insights as necessary. Provide feedback on how these elements can be integrated into everyday communication practices with the elderly.



Tips and recommendations:

- Promote an atmosphere where participants feel comfortable sharing honestly about their experiences and thoughts without fear of judgment.
- Acknowledge that what is considered respectful can vary significantly across different cultures, personalities, and individual preferences, emphasizing the importance of adaptability and sensitivity.
- Consider using hypothetical scenarios or case studies to help illustrate the impact of respectful versus disrespectful communication.

List of sources and references related to the activity (APA style):

Adams, D. D. & Warner, S. S. (2007). *Honest, Direct, Respectful: three simple words that will change your life*. VMI Publishers

Hanh, T. N. (2014). *The Art of Communicating*. HarperOne

Liu, D. (2021, June). *How to Respect and Connect with Our Elderly* [Video].

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Activity 2: Video & Plan Development

Small Group Activity



ACTIVITY 2

Title of the activity: Small Group Activity – Video & Plan Development

Short description of the theoretical context of the activity:

Visual learning through videos provides a powerful medium to observe and analyze communication strategies in action. Watching real or simulated interactions between younger individuals and elderly people can highlight nuances in body language, tone, and verbal cues that might not be as apparent in written or spoken descriptions. This activity leverages the visual impact of these demonstrations to foster deeper understanding and discussion about respectful communication.

Aims and objectives of the activity:

- To use visual examples to enhance participants' understanding of respectful communication with the elderly.
- To analyse and discuss observed communication techniques within a video.
- To encourage participants to identify and articulate effective strategies for respectful communication.
- To collaboratively develop a practical communication plan that incorporates respect and empathy.

Materials Needed:

- A video showing an example of communication with elderly individuals. This can be a pre-recorded simulation or real-world interactions.



- A device capable of playing the video for all participants to see (e.g., a computer with a projector or a large monitor).
- Flip chart or whiteboard and markers
- Note-taking materials for participants.

Duration of the activity: 20 minutes

Description of the process of the activity:

Step 1: Show a video to the whole class that exemplifies both positive and problematic communication with elderly individuals. The video should ideally show a range of interactions, including the use of inclusive language, the demonstration of patience, and the appreciation of the elderly person's experience and wisdom.

Step 2: Allow a couple of minutes immediately after the video for participants to individually jot down their initial reactions and observations.

Step 3: Divide participants into small groups. Instruct them to discuss the video, focusing specifically on what they observed as effective and ineffective communication practices.

Step 4: Each group develops a plan based on their discussion that outlines strategies for incorporating respect into their communication with elderly people. This plan should include practical steps related to the use of inclusive language, showing patience and understanding, and valuing the elder's experiences and wisdom.



Step 5: Have each group share their plan with the class. Provide a chance for feedback from peers and instructors, which can help refine the strategies and reinforce good practices.

Tips and recommendations:

- Ensure the video is appropriate for the learning objectives, demonstrating clear examples of both good and bad practices.
- Guide the group discussions to ensure all members contribute and focus on the key elements of respectful communication.
- Encourage participants to provide specific examples from the video when discussing what worked well or did not work. This helps in grounding their observations in concrete terms.

List of sources and references related to the activity (APA style):

3AM Thoughts (2014, November 28). Life Lessons sharing and respecting others [Video].

YouTube. <https://www.youtube.com/watch?v=YNOnFsnjYhY>

Gerontological Society of America (2018, October 19). Communicating with Older Adults

[Video]. YouTube. https://www.youtube.com/watch?v=g_0bKBXOvGU

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Activity 3: Respectful Communication- Infographic Analysis

Small Group Activity



ACTIVITY 3

Title of the activity: Infographic Analysis – Respectful Communication

Short description of the theoretical context of the activity:

Infographics serve as an effective tool for visual learning, combining images, charts, and minimal text to explain concepts quickly and clearly. This method of information delivery is particularly effective in adult learning environments because it condenses complex information into digestible pieces. When focusing on respectful communication with the elderly, an infographic can highlight essential behaviours and techniques visually, making it easier for participants to remember and apply these concepts.

Aims and objectives of the activity:

- To utilize visual learning tools to reinforce and expand understanding of respectful communication techniques with the elderly.
- To analyze and interpret key communication strategies presented in the infographic.
- To engage participants in discussing how these strategies can be applied in real-world scenarios.
- To foster a deeper understanding of the importance of respectful communication practices.



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Materials Needed:

- Infographic on respectful communication with the elderly, featuring key tips and visuals.
- Projector and screen or printed copies of the infographic for each participant.
- Notepads and pens for taking notes during the discussion.

Duration of the activity: 20 minutes

Description of the process of the activity:

Step 1: Introduce and display the infographic. If using a digital display, ensure all participants can see clearly. If printed, hand out copies to each participant.

Step 2: Give participants a few minutes to individually examine the infographic. Ask them to note down key points, anything that surprises them, or strategies they find particularly useful or challenging.

Step 3: Facilitate a class discussion on the infographic. Prompt participants to share their observations and how they might apply these tips in practical settings. Discuss each major point:

- Maintaining Eye Contact: Importance in building trust and engagement.
- Showing Empathy: Ways to understand and validate the feelings of elderly individuals.
- Avoiding Condescension: Importance of respecting the elderly by maintaining adult-to-adult communication.



- Speaking Clearly and Allowing Time for Responses: Techniques for ensuring clarity and patience in the conversation.

Step 4: Encourage participants to reflect on how these strategies can be integrated into their personal or professional interactions with the elderly. Ask them to consider any changes they might need to make in their approach based on the infographic.

Tips and recommendations:

- Encourage active participation by asking participants to point out which part of the infographic resonates most with them and why.
- Ask participants to share any personal experiences where they applied similar strategies or where doing so could have improved the interaction.
- If class size permits, consider breaking into small groups to discuss each section of the infographic in detail, then reconvening to share insights with the larger group.

List of sources and references related to the activity (APA style):

Adams, D. D. & Warner, S. S. (2007). *Honest, Direct, Respectful: three simple words that will change your life*. VMI Publishers

Hanh, T. N. (2014). *The Art of Communicating*. HarperOne



Infographic on Respectful Communication

