

# FUELGUIDE

## FuelBox ELDERLY

This is the box that creates great conversations with and between the elderly in our society. The ones who have lived, learned, experienced, felt, mourned and celebrated through a long life.

FuelBox ELDERLY contains 171 åpne questions to kick start great conversations with the elderly.

We have developed this FuelGuide for institutions to help you use this box as a tool to engage elderly i different ways to share with and learn from each other and other people in their lives.

*“It is never to late to ask a question»*



# TIPS AND IDEAS

## **FUEL** GATHERING or **GET-TO-KNOW-EACH OTHER- NIGHTS**

Suitable for different gatherings. Participants is divided in to groups and can pick freely from the box .

## **FAMILY FUEL**

Let the elderly borrow the box when family or friends visit, or encourage family and friends to bring the box in to the visiting area.

## **FUEL** CONVERSATION

Sit down with one of the elderly and initiate a conversation by picking a card from the box.

## **FUEL** BREAKFAST/LUNCH/DINNER

Arrange a meal where the elderly eat and have great conversations picking questions from FuelBox. Let conversation be a natural part of the meal!

## **FUEL**MOMENT

Start gatherings with a question to engage everyone.

## **FUEL**WALK

Everyone should pick a card and use this question as a conversation starter on a walk or outside on a bench.

## **FUEL**DATE

Randomly pair elderly on a 15 minute coffee date where they get to know each other better by picking cards from FuelBox.

## **FUEL** WELCOME

Every time a new elderly arrive you should arrange a gathering where you use FuelBox to welcome the new arrival into the group.

# PRACTICAL USE

1. One person **pick a card** from a chosen categorie
2. People **start to share** their reflections. If nobody starts talking, the person to the right of the «card picker» can start.
3. Challenge the participants to be engaged, curious and **ask follow-up questions!**
4. When **everyone have shared**, and you feel that you are finished with this topic, move on to pick the next question.
5. Inform the participants that they **are allowed to use «pass»** on a question. No explanation needed.
6. It might be useful to **make notes of important issues** that needs to be adressed in plenary or elsewhere later on.



# OUR TEAM

« We are going to #fueltheworld with FuelBox being the creative communication and relation catalyst, bringing people together face to face for great conversations that develop and strengthen people, relations and organisations through sharing, learning and growth »

## Ignite curiosity Spark connections



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