

# TIPS FOR WORKING WELL AND POSITIVELY WITH ACTIVE ADULTS

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# How to Interact with Older Adults

- Do not have pre-conceived expectations
- Think about your tone and body language
- Do not make assumptions about someone's capabilities because of their age



# What to do when a Class or Activity is not appropriate for a person

- Recognising the problem
- How to address the issue appropriately
- What else can you offer?



# Dealing with “difficult” people

- Emotional Intelligence (EQ or EI)
  - Do not take it personally
  - Put yourself in their shoes
- Understanding without mollycoddling
- Acknowledging how brave older adults are
- Motivating reluctant older adults



The most important part...being social and making friends!

