

Tips for Facilitating Seniors' Health Learning

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1. Start with an ice-breaker:

- Get people mingling and introducing themselves
- Find out what their burning questions about the topic are

2. Learning is social:

- Get participants working in groups to brainstorm and problem-solve

3. Facilitate, don't lecture, for only 20 minutes or you risk losing them!

- Ask open questions and provide lots of verbal encouragement
- Use visual props to show and tell
- Use jokes, anecdotes and stories – a good animator is part teacher, part performer. Make it FUN!



4. Keep it simple: Be aware of...

- Lower literacy and educational levels
- Physical challenges that affect learning (hearing and vision loss, slower reaction times, etc.)

5. Make it experiential:

- Give participants hands-on activities to reinforce their learning
- Tie the content to your participants' own life experiences; have them share

6. Make links:

- Other senior's health topics
- Public and community resources, information and professionals

7. Make the evaluation process easy:

- Do a round-table check: "What did you learn today that is worth remembering?"

Others...