



PEOPLE

Elderly Service Project Ideas

Listed below are some service project ideas addressing the issues of the Elderly. If you decide to do one of them, be sure to check with the non-profit organization you are planning to work with to make sure the project would be something that they could use. We will add more project ideas as we find them.

Sending Love - When people are going through hard times, it helps a lot to get messages of love and support. If you have seen on the news that there are people who are sad or need help, you can use this project to show you care. Take a few minutes of time with kids and teens to spread awareness for those in need, and empower your them to do something about it.

Ways to Brighten a Senior Citizen's Day - Simple interactions can change a senior citizens' day and make a lasting impact on youth. See the difference small acts of kindness can make on the seniors in your community! Set aside 10 minutes during the day to have everyone in the family call, email, or text a special elderly person in their life; Make a playlist of happy tunes to help a senior perk up; Make a playlist of soothing songs to help relax a senior before bed; Swap a crazy story with a local senior; Practice their singing, dancing or other skills at a local senior center; Teach a senior the basics of Facebook and other social media outlets; Make a card with a sweet note inside and give it to a senior; Give a senior a manicure; Read a book to a senior; Draw or paint pictures for a senior; Help a senior with their spring cleaning; Challenge a senior to a game of scrabble, checkers, or cards.

BINGO – Contact a senior center to schedule to do BINGO with the residents. You can make your own BINGO cards and chips. You could even give out prizes to the winners.

Puzzles for Memory - Alzheimer's patients who engage in simple mental activities, such as doing puzzles, can slow down their loss of brain function. To help them with this you could do a puzzle drive, create your own puzzles, and maybe spend some time doing puzzles with them.

Dance Party – To help lift the spirits of seniors, organize a dance for them at your school, a senior center, or a nursing home.

Pen Pals – Become pen pals with seniors who are living in care facilities and may feel isolated or lonely

Lap Blankets - Make lap blankets and gift bags for local nursing home residents