


# Conversation Starters

FOR MEANINGFUL MEMORY CARE CONNECTIONS



 **Tip:** After your loved one responds, share your own thoughts and ask gentle follow-up questions. Meaningful connection often grows from small moments and shared memories.

## *Favorite Foods & Family Traditions*

*Questions that spark comforting memories, sensory recall, and family stories.*

- What's your favorite dessert?
- What's your favorite ice cream flavor?
- What do you think of spicy food?
- Did your family have a special dinner night each week?
- Did you have dinner table rules growing up?
- Who cooked in your family? Who was the best cook?
- How did you learn to cook or bake?
- Do you have any funny kitchen memories?
- What's your favorite restaurant meal to order?
- Did your kids behave well in restaurants?
- What holiday traditions did your family celebrate?

## *Childhood & Growing Up*

*Questions to encourage reminiscence through early memories and familiar routines.*

- What did you enjoy most about growing up in \_\_\_\_\_?
- What kind of neighborhood did you grow up in?
- What chores did you have growing up?
- What was your favorite game as a child?
- Did you collect anything?
- Did you have roller skates, a bicycle, or scooter?
- Did the ice man deliver ice to your house?
- Who cut your hair growing up?
- Did you ever have long hair?
- Who was your best friend growing up?
- Were you more of a rule-follower or troublemaker?
- What story did your parents love telling about you?

## *School Days & First Jobs*

*Prompts that help residents revisit accomplishments and formative experiences.*

- What was your favorite subject in school?
- What was your least favorite subject?
- Which teacher did you like the most?
- What was your first job?
- How much allowance did you receive growing up?
- Did you ever save up for something special?
- What kind of work did you do?
- What made you proud at work?
- Did you wear a uniform to work?

## *Love, Marriage & Family*

*Questions designed to foster emotional connection and identity.*

- How did you meet your spouse or partner?
- What were your dates like?
- When did you know you wanted to get married?
- Were you nervous introducing your partner to your family?
- What made your marriage special?
- Who is your favorite relative?
- What made that person special?
- Who was the jokester in your family?
- What did your parents teach you?
- Do you have children?

## *Music, Entertainment & Hobbies*

*Questions that engage personal interests and joyful memories.*

- What's your favorite kind of music?
- Did you listen to the radio growing up?
- What instrument did you play or want to play?
- Do you like dancing or watching others dance?
- Were you ever invited to dances?
- What sports do you enjoy watching?
- Did you enjoy fireworks displays?
- What was your favorite vacation?

## *Travel, Adventure & Outdoor Memories*

*Prompts that encourage storytelling and vivid imagery.*

- Have you ever gone camping?
- Did you prefer the mountains, lake, or ocean?
- Have you traveled by airplane, train, or boat?
- Have you ever gone fishing?
- Did you know how to swim?
- Was there a beach near where you lived?

## *Fashion, Style & Everyday Life*

*Questions that can spark sensory and visual memories.*

- What was your first car like?
- Who taught you to drive?
- What was your favorite lipstick color?
- Did you ever wear formal attire like tuxedos or gowns?
- Did you prefer bowties or neckties?
- What kind of gloves were popular when you were younger?
- Did you own special clothing for events or celebrations?

## *Pets, Personality & Simple Joys*

*Lighthearted prompts that help build comfort and rapport.*

- Do you like animals?
- Did you have pets growing up?
- Are you more of a dog or cat person?
- What do you consider a happy day?
- Who makes you laugh?
- What makes a good friend?