"How do I even bring this up?"

Conversation Starters for talking to your parents or loved one about aging & care.

Big Picture Conversation

- Have you ever thought about what you'd want if something unexpected happened to your health?

- If you ever need help down the road, what would that look like for you?

- Do you have any preferences for where or how you want to live as you get older?

- Would it be okay if we sat down one day soon to go over some basic information, just in case I need to help?

Health & Safety

- How are you feeling about getting around the house lately? Any areas or spots that feel tricky or unsafe?

- Have you noticed it's getting harder to keep track of medications or appointments?

- Would it be helpful if we reviewed your medical info together and wrote it down somewhere easy to find?

- If there was a medical emergency, who would you want to speak for you if you couldn't?

Finances & Legal Planning

- Do you have a will or power of attorney set up? I want to make sure your wishes are followed.

- If bills ever became tough to manage, would you want help with that or would you want someone else to step in?

- If you ever needed more help, who else would you feel comfortable having around?

- Where do you keep the important documents, like insurance or bank info, just in case someone needs to find them?

Trust & Connection

- I want to understand that my goal is to help make things easier for you, not take control. Would it help if we started planning together?

- This isn't easy for either of us, but I'd rather talk now than guess later about what you'd want.

- You've always taken care of me. I want to return the favor by making sure we're prepared, just in case.

Bonus Questions

- Is there anything you'd want us to do differently if your health changed suddenly?

- What does a good day look like for you and how can we help keep those going?

- What matters most to you in terms of staying independent?

- I read something recently about planning for the future. Have you and Mom/Dad talked about that at all?

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