

Starting the Conversation on Aging

1. How and where would you like to age?
2. Have you had a conversation with your family about aging?
3. Are you having any trouble maintaining the homes you own with your current help?
4. Are you concerned with your ability to care for your spouse as you both age?
5. Do you expect your family members to act as your caregivers?
6. If you had a medical emergency, could someone locate all of your critical documents quickly?
7. Do you have an identified patient advocate should you become ill?
8. Do you have advanced directives in place in case of crisis?
9. Do those closest to you know your end of life wishes?
10. Have you consulted with anyone to help you navigate long-term care or other eldercare resources?



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