

# Questions To Ask Your Aging Parents

## Living Situation

1. Are you okay living here? Would it be easier to move to a one floor apartment or ranch home or downsizing?
2. Is there anything we can do in your home to make getting around easier and safer?
3. Are your wishes to stay at home, move in with family members, or go to a nursing home should you become incapacitated?
4. Do you need help with cleaning, cooking or other chores?
5. Can you hear the telephone or doorbell? Would you feel safer if we had an emergency monitoring system in case you fall or become ill when you're home alone?
6. Are you able to drive or can I help you run errands or take you to the doctor?



## Health

1. What are your doctors names and phone numbers?
2. Have you been to the doctor and/or dentist lately? Would you consider letting us go with you to your next appointment to discuss any issues you may be experiencing?
3. What hospital does your medical insurance cover in case you become ill?
4. Do you have a current list of all your medications? Is it difficult to remember to take your medications? Would a pill dispenser by week or month help? Do you need any help paying for prescriptions? What pharmacy do you use to fill your prescriptions?
6. What is your Medicare or Medicaid information? Do you need any help applying or filling out forms?
7. Do you have supplemental insurance to Medicare such as Medigap? Dental? Vision?
8. Do you have long-term care insurance or veteran's aid?
9. Have you thought about what medical treatment you want in the future and who would make those decisions if you can't communicate on your own? Have you put your wishes in writing through something like an advanced care directive?



## Finances

1. Have you written a will? Does someone you trust know where you keep it? Whom should we contact? Has it been updated in the last five years? Do you have any personal property disposition requests?
2. Do you have all your financial information in one place? If so, can I help you create a list of bank, brokerage, and retirement accounts, including account numbers and online user names and passwords, if applicable?
3. Where do you store your valuable documents like insurance policies (life, home, auto, disability, long-term care), Social Security cards, titles to their house and vehicles, outstanding loan documents, and past tax returns? Do you have a safe-deposit box or home safe that requires a key or combination?
4. Have you considered giving a durable power of attorney over your affairs in the event you can't handle them anymore?
5. Do you have life insurance? A pension? Are the checks automatically deposited in your account?
6. What are your social security numbers in case we need to contact the Social Security Administration?
7. Are you willing to have a joint checking account with me in case I need to pay your bills?



## Memorial Wishes

1. Do you want to be buried or cremated? Do you have a burial plot picked out?
2. Do you want a funeral with a reception? Any special music, readings or flowers you would like?
3. Would you like a donation to one of your favorite charities in lieu of flowers?



This list of questions is by no means exhaustive, but will get you started. Think of it this way... remember the “talk” your parents had with you ... now it’s your turn to sit on the other side of the table!