AMICA

SENIOR LIFESTYLES

LOOKING AHEAD, **TOGETHER**

A Family Conversation *Guide*

*Meaningful questions to help families share perspectives, understand what matters most and explore **future possibilities together.***

Talking about the future doesn't have to begin with a big decision. Sometimes, it starts with a simple question about what makes life enjoyable, what we'd like to do more of or what could be a little easier.

Use this guide to start a meaningful conversation with the people closest to you.

HOW TO USE THIS GUIDE

Find a relaxed moment to talk together and focus on listening to understand each other's point of view.

Choose a few questions to explore. You don't have to answer them all.

Take turns sharing your thoughts, and use the spaces provided to capture what stands out.

Remember that exploring possibilities doesn't mean committing to a change.

1. What Matters Most?

Start with the things that make life feel fulfilling.

Talk about:

- **What does a really good day look like?** Think about where you are, what you're doing and the people you're spending time with.
- What parts of your life today would you most want to stay the same?
- Is there something you'd love to do more often, or something new you'd like to try?

The people, experiences and parts of life that matter most:

_____

_____

2. What Could be Easier?

Think about how time and energy are spent, and what you'd rather be doing.

Talk about:

- Are there everyday responsibilities that take more time or effort than you'd like?
- If you could take one thing off your plate, what would it be?
- Is there anything you do less often than you'd like because it's become harder?

Things that could be made easier, and why they matter:

3. What's Possible?

Imagine what life could look like with more time, freedom or opportunities.

Talk about:

- If you had more time for the things you enjoy, how would you spend it?
- What would make the next few years especially fulfilling?
- Are there different living arrangements, services or opportunities you'd be interested in learning more about, even if you're not ready to make a change?

Things we'd love to make possible:

amica.ca/livingwell

4. Understanding Each Other's Point of View

Different perspectives are natural. Understanding what's behind them is what truly matters.

Take turns completing these thoughts. Give each person a chance to finish before responding.

For the person thinking about their future:

"Here's what's most important to me..."

For family members:

"Something I've been thinking about, or would like to better understand, is..."

Together:

"One thing we can agree matters to all of us is..."

A helpful question when perspectives differ:

"Can you tell me more about that?"

You don't have to agree on everything. Sometimes, understanding why someone feels a certain way is the most valuable outcome of the conversation.

5. Where Do We Go From Here?

Turn what you've learned into one small, meaningful next step.

One thing we understand better about each other:

_____

One question we still have:

_____

OUR NEXT STEP:

- ☐ Continue the conversation another day
- ☐ Learn more about senior living options
- ☐ Explore ways to make everyday life easier
- ☐ Look into financial planning considerations
- ☐ Something else: _____

Keep the Conversation Going

You don't need to make any decisions today. By talking openly about what matters most and exploring your options together, you can take the time to consider what a fulfilling future looks like—and how to make more of it possible.

Continue Exploring with Amica

Our Community Relations Directors are here to answer questions and help families navigate their senior living options.

Visit **amica.ca/livingwell** for more tools and resources from our ***Living Well in Your Senior Years series.***