

Questions to Ask Your Aging Parents

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PARENT _____

ASKED BY _____

DATE _____

How to use this: you don't need every answer in one sitting. Start with the easy ones, explain why you're asking ("so I know who to call if something happens"), and write answers in your parent's own words. Keep account numbers and passwords off this page. Store it with the rest of your parent's care information and update it when things change.

Health and care

Who to call and what they'll ask for.

1. Who are your doctors, and how do I reach each one?

2. Which pharmacy do you use?

3. What medications, vitamins and supplements do you take? (Bring the bottles, so we can copy the labels.)

4. Do you have any allergies or bad reactions to medicines?

5. Do you have appointments coming up, and would you like someone to come along?

6. If you were in the hospital, who would you want the staff to call first?

Daily life and home

What's working and what isn't.

7. What parts of the week are getting harder?

8. What do you want to keep doing yourself, no matter what?

9. What kind of help would you actually accept, and from whom?

10. Who do you see or talk to regularly (neighbors, friends, church, clubs)?

11. Do any services come to the house (meals, cleaning, lawn, home health)? Who are they and how do I reach them?

12. Is there a spare key, and who has it?

Documents: what exists and where it is

You're making a list, not deciding anything.

13. Where are your photo ID, Medicare or insurance cards, and any supplemental or prescription plan cards?

14. Do you have a power of attorney? If so, who is named, and where is the original?

15. Do you have an advance directive or living will? Where is it, and do your doctors have a copy?

16. Do you have a will? Where is it, and which attorney helped with it, if any?

17. Where are papers like your birth certificate, deed or lease, and military discharge papers, if you served?

Money: who handles what

Names and places only, never account numbers or passwords on paper.

18. Which banks or credit unions do you use?

19. Which bills come every month, and which are on autopay?

20. Where does your regular income (Social Security, pension or other) get deposited?

21. Do you work with an accountant, financial adviser or insurance agent? How do I reach them?

22. Where do you keep your passwords, and is there a way someone you trust could get in if they had to?

People and wishes

So everyone works from the same answers.

23. Who should be kept in the loop about your health, and who would you rather not share it with?

24. Who is your emergency contact right now? Should that change?

25. If living at home got harder, what would you want to try first?

26. What matters most to you about how your care is handled?

27. In an emergency, where should we look first?

Organizing help, not advice. Decisions about health, money and legal matters belong to your parent and the professionals they work with; an elder law attorney is the right person for questions about legal documents. Free printable from nowwhatcare.com.