

# Conversation Starters for Aging Parent Discussions

Talking with a parent about health, safety, or future plans can feel uncomfortable. These conversation starters help adult children begin respectful, values-based discussions — without pressure or control.

## Start with Values

- “What matters most to you right now?”
- “What helps you feel independent and secure?”
- “What does a good quality of life look like to you?”

## Explore Health & Safety Gently

- “How are you feeling about your health lately?”
- “Are there any daily tasks that feel harder than they used to?”
- “What would help you feel safer at home?”

## Talk About the Future Without Urgency

- “If something unexpected happened, what would you want us to know?”
- “Who would you want involved in decisions if you needed support?”
- “Have you thought about where you’d want to live as you get older?”

## If the Conversation Gets Stuck

- Pause and revisit the conversation later
- Acknowledge emotions without trying to fix them
- Focus on listening rather than solving
- Consider involving a neutral professional if needed

Caregiver Takeaway: These conversations are acts of care. Starting early helps preserve dignity, trust, and choice.