
Questions to ask your parents to evaluate the need of aged care

When discussing the possibility of home care or residential aged care with your parents, consider asking these questions to assess their needs and preferences.

- How do you feel about your current living situation? Are there any aspects of it that you find challenging or uncomfortable?
- Have you been experiencing any specific health issues or concerns lately?
- How are you finding cooking, cleaning, shopping and personal care? Is it challenging at all?
- Are you still enjoying those hobbies? Would you like to learn or do anything new?
- Have you noticed any changes in your memory, like forgetting names, appointments, or important details?
- How is your social life? Are you getting enough contact with friends and family, or do you feel isolated?
- Are you happy with the level of support and care you're receiving from family or caregivers? Do you feel like you need more assistance?

- Do you have any long-term goals or aspirations that you'd like to achieve in your later years?
- What are your priorities and values when it comes to your quality of life as you age?
- How do you envision your ideal living situation in the coming years, and what steps do you think need to be taken to achieve that?

Questions specifically around residential aged care

- How do you feel about the idea of living in a residential aged care facility? What are your concerns or preferences regarding this option?
- Can you tell me about your financial situation? Do you have any concerns about affording residential aged care?
- Are there specific features or amenities that you'd like in a care facility, such as location, activities, or the availability of medical services?
- Are there any particular concerns or questions you have about the process of transitioning to residential aged care that you'd like to discuss?
- Would you be open to exploring different types of care arrangements, such as respite care, assisted living, or in-home care, before making a decision about residential aged care?
- Have you thought about how you'd like your healthcare decisions and end-of-life care to be handled in the future?

Additionally, consulting with healthcare professionals and specialists in geriatric care can provide valuable insights and guidance in the decision-making process.

Need quick Aged Care answers? Our warm and friendly Aged Care Specialists are waiting to chat with you. Don't wait, connect today!

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