10 questions to ask an older parent

For a parent who is well and simply older. Light questions about now, as well as then.

One afternoon, one or two of these. Nothing has to be covered in one go.

No. 01 What is the best thing about being the age you are now?

No. 02 When you were young, what did you think getting old would be like?

No. 03 What do you still want to do, see or learn?

No. 04 Which of your friends has known you longest, and how did you meet?

No. 05 Tell me about a hard choice that turned out well: a move, a job, a yes or a no.

No. 06 What did you use to fuss about that you would not bother with now?

No. 07 Which of the houses you have lived in felt most like home?

No. 08 Which family traditions would you like us to keep going?

No. 09 Who in the family do you think is most like you?

No. 10 Which place would you most like to see again, and what would we do there?

Rather someone else asked? Amanda records the conversations and writes them into a life story the family keeps. captureandkeep.co.uk/life-story/

Capture Cards, coming soon: a boxed set of 36 conversation cards for the family table, none of them on this sheet. captureandkeep.co.uk/capture-cards/

This sheet comes from captureandkeep.co.uk/while-theres-still-time/a-parent-getting-older/, with more on how to ask.