



CURATED FOR
SENIORS
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FREE PRINTABLE GUIDE

Care-Preferences Conversation Guide

A gentle way to begin talking about future care

Introduction. Care-preferences conversations are easier when they begin with values and listening rather than forms and decisions. A series of short conversations can be more useful than one difficult meeting.

How to use this guide. Ask permission to begin, use the person's own words, and stop when the conversation becomes tiring. Formal medical and legal planning belongs with qualified professionals.

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Choose the moment

A few practical points to keep in mind.

- ☐ Begin during a calm period rather than an emergency.
- ☐ Ask permission to talk about future care.
- ☐ Use the person's own words and allow pauses.
- ☐ Stop and return later if the conversation becomes tiring.

Listen for values

A few practical points to keep in mind.

- ☐ Ask what makes a day feel worthwhile.
- ☐ Notice preferences about comfort, independence, and who should help.
- ☐ Separate wishes from decisions that require professional or legal advice.
- ☐ Write down the person's words without interpreting them.

Take the next step

A few practical points to keep in mind.

- ☐ Identify a clinician, counselor, or attorney for formal questions.
- ☐ Tell the right family members what the person wants shared.
- ☐ Record where official documents will be kept.
- ☐ Set a date to revisit the conversation.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not medical, legal, financial, or end-of-life planning advice and not a substitute for qualified professional counseling. Discuss treatment and care questions with a clinician and formal documents or authority with a qualified attorney; respect the person's wishes and privacy.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
