

Center for Successful Aging

Life Plan Questionnaire

It is our goal to understand your wishes and concerns and to help you live the best possible quality of life. There are some universal health concerns as we age such as living as long as possible, maintaining function and minimizing pain. Sometimes, what your doctor or provider thinks is most important in your care is not what is most important to you. We would like to understand your primary goals for your care. You can better guide our partnership with you by thinking about the following questions:

1. When you think about aging, what are your main concerns?

Independence and health

Not having pain or suffering

I want to live as long as possible

I do not want to be a burden to my family

Other: _____

2. Where would you like to live in your later years?

I would like to live in my own home independently

I would like to live with my family

I would like to live in a home where I can easily access help and support from professional caregivers (senior housing, assisted living, etc.)

Other: _____

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3. How do you define "quality of life"?

- Socializing in the community
- Spending time with friends and family
- Being able to do the activities and hobbies I enjoy
- Being healthy and happy
- Being able to make decisions for myself

Other: _____

4. Do you have any health concerns that you would like help with in the next few months?

5. What are your expectations from your healthcare provider?

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