## CONVERSATIONS FOR A CAUSE THE LONGEST DAY ALTHEIMERS () ASSOCIATION'

## **Great questions start great conversations**

- Can you tell me about the important people in your life?
- What have been some of the happiest moments in your life?
   The saddest?
- Who has been the biggest influence on your life? What lessons did that person or those people teach you?
- Can you tell me about a moment when a person's kindness made a difference in your life?
- What are the most important lessons you've learned in life?
- What is your earliest memory?
- What is your favorite memory of me?
- Are there any funny stories your family tells about you that come to mind?
- Are there any funny stories or memories or characters from your life that you want to tell me about?
- What are you proudest of?
- When in life have you felt most alone?
- If you could hold on to memories from your life forever, which would they be?
- How has your life been different than what you'd imagined?
- If this was to be our very last conversation, is there anything you'd want to say to me?
- For generations listening to this years from now, is there any wisdom you'd want to pass on to them? What would you want them to know?
- Is there anything that you've never told me but want to tell me now?
- Are there things about me that you've always wanted to know but have never asked?
- If you could talk to a younger version of yourself, what would you say?
- What were your first impressions of me? How did they change?
- How would you like to be remembered?
- Do you have any regrets?
- What does your future hold?
- What are your hopes for what the future holds for me?
- What are your hopes for my children?



