

RELATIONSHIPS

GENERATIONS

THE FAMILY DISCUSSION GUIDE

THE PROBLEM

Age, technology, expectations, and life-stage differences can turn family care and planning into tension or avoidance.

1 ASK FOR THE HISTORY

Context makes current choices and reactions easier to understand.

1 What was normal in your family then?

2 What experience shaped this belief?

3 What do you wish we understood?

QUESTION I WANT TO ASK: _____

2 CLARIFY ROLES

Say what is needed, what is possible, and where a boundary belongs.

☐ Caregiving

☐ Household roles

☐ Money

☐ Communication

☐ Boundaries

WHAT NEEDS CLARITY: _____

3 PLAN AHEAD

Separate family wishes from decisions that require qualified advice and documents.

☐ Care

☐ Housing

☐ Estate / documents

☐ Financial planning

☐ Legacy / stories

PROFESSIONAL TO ASK: _____

THE FAMILY TABLE - SIX QUESTIONS

Choose one topic. Listen across generations before trying to settle the plan.

WHAT
MATTERS?

WHAT IS
CHANGING?

WHO NEEDS
HELP?

WHO CAN
HELP?

WHAT NEEDS
AN EXPERT?

WHEN MEET
AGAIN?

TOPIC FOR OUR FIRST DISCUSSION: _____

WHO CAN HELP?

Senior center, estate planner, elder care provider, family therapist, historical society, or financial advisor.

BRING THIS TOOL
TO THE CONVERSATION.

ASK EARLIER. LISTEN LONGER. PLAN TOGETHER.

Get the free PDF at ampmultimediallc.com

AMP TV NETWORK | SOLUTIONS | Helping the People Who Help People

General educational worksheet only. Estate, care, housing, financial, and legal decisions may require qualified advice.