

Designed to honour lived
experience while navigating
ageing's complexities together

**52 REFLECTIVE
CONVERSATION CARDS FOR
SENIOR COUPLES**

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LEGACY AND REFLECTION

**1. WHAT LIFE ACHIEVEMENT
REMAINS UNSPOKEN
BETWEEN US—THAT DESERVES
CELEBRATION NOW?**

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LEGACY AND REFLECTION

**2. HOW HAS YOUR
DEFINITION OF LOVE SHIFTED
SINCE YOUR 50S—AND
DOES IT FRIGHTEN OR FREE YOU?**

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LEGACY AND REFLECTION

**3. WHAT UNTOLD STORY
ABOUT YOUR PAST DO I NEED TO
HEAR—TO FULLY
UNDERSTAND YOUR PRESENT?**

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HEALTH AND AUTONOMY

**4. WHAT PHYSICAL
LIMITATION FRUSTRATES YOU
MOST—AND HOW CAN I HELP
WITHOUT INFANTILISING?**

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HEALTH AND AUTONOMY

**5. HOW SHOULD WE
BALANCE SAFETY WITH INDEPENDENCE
WHEN DRIVING OR LIVING
ARRANGEMENTS CHANGE?**

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HEALTH AND AUTONOMY

**6. WHAT END-OF-LIFE
PREFERENCE HAVE YOU AVOIDED
DISCUSSING—THAT
I MUST HONOUR?**

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INTIMACY AND AGEING

**7. HOW HAS YOUR
RELATIONSHIP WITH TOUCH
EVOLVED—AND WHAT ROLE
SHOULD IT PLAY FOR US NOW?**

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INTIMACY AND AGEING

**8. WHAT FORGOTTEN
ASPECT OF YOUR
SEXUALITY DESERVES
REDISCOVERY—IF HEALTH ALLOWS?**

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INTIMACY AND AGEING

**9. WHEN DOES MEDICAL PRACTICALITY
THREATEN ROMANTIC
SPONTANEITY—AND
HOW DO WE REBEL?**

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FAMILY AND
BLENDED DYNAMICS

**10. WHAT TENSION WITH ADULT
CHILDREN REQUIRES US TO PRESENT A UNITED
FRONT—DESPITE OUR PRIVATE
DISAGREEMENTS?**

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FAMILY AND
BLENDED DYNAMICS

**11. HOW DO WE
HONOUR LATE PARTNERS'
MEMORIES—WITHOUT LETTING GHOSTS
INHABIT OUR PRESENT?**

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FAMILY AND
BLENDED DYNAMICS

**12. WHAT INHERITANCE
OR GIFTING DECISION COULD
STRAIN OUR RELATIONSHIP—IF
LEFT UNSPOKEN?**

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FINANCIAL REINVENTION

**13. WHAT RETIREMENT
DREAM FEELS FINANCIALLY
RECKLESS—BUT
EMOTIONALLY ESSENTIAL?**

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FINANCIAL REINVENTION

**14. HOW SHOULD WE
NAVIGATE SUPPORTING
ADULT CHILDREN
VERSUS PROTECTING OUR SECURITY?**

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FINANCIAL REINVENTION

**15. WHAT POSSESSION
HAVE YOU
SECRETLY VOWED NEVER TO
DOWNSIZE—AND WHY?**

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WISDOM AND MENTORSHIP

**16. WHAT RELATIONSHIP
MISTAKE FROM YOUR
30S ARE YOU
DETERMINED TO AVOID
REPEATING NOW?**

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WISDOM AND MENTORSHIP

**17. HOW CAN WE
CHANNEL HARD-EARNED
WISDOM INTO MENTORING
OTHERS—WITHOUT
OVERSTEPPING?**

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WISDOM AND MENTORSHIP

**18. WHAT OUTDATED
RELATIONSHIP
NORM ARE YOU FINALLY
READY TO REJECT?**

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FRIENDSHIP AND ISOLATION

**19. WHAT FRIENDSHIP
LOSS IMPACTS
YOU MOST DEEPLY—AND
HOW CAN I HELP FILL THAT VOID?**

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FRIENDSHIP AND ISOLATION

**20. HOW DO WE MAINTAIN
INDIVIDUALITY IN SOCIAL
CIRCLES—WHEN OTHERS SEE US
ONLY AS A UNIT?**

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FRIENDSHIP AND ISOLATION

**21. WHAT GROUP ACTIVITY COULD
RECONNECT US WITH
JOY—THAT WE'VE
DISMISSED AS 'TOO YOUTHFUL'?**

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GRIEF AND LOSS

**22. WHAT UNPROCESSED
GRIEF STILL SURFACES
UNEXPECTEDLY—AND
HOW SHOULD I COMFORT YOU?**

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GRIEF AND LOSS

**23. HOW DO WE DISCUSS OUR
MORTALITY WITHOUT
IT FEELING LIKE
ABANDONMENT?**

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GRIEF AND LOSS

**24. WHAT KEEPSAKE
FROM YOUR PAST MUST
ABSOLUTELY SURVIVE
ANY FUTURE DOWNSIZING?**

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TECHNOLOGY AND CHANGE

**25. WHAT DIGITAL PRIVACY
BOUNDARY MATTERS
MOST AS WE SHARE DEVICES
FOR HEALTH NEEDS?**

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TECHNOLOGY AND CHANGE

**26. HOW CAN WE
EMBRACE VIDEO CALLS WITH
GRANDKIDS—WITHOUT
RESENTING THE LEARNING CURVE?**

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TECHNOLOGY AND CHANGE

**27. WHEN DOES MY TECH
'HELPFULNESS' CROSS INTO
CONDESCENSION—AND
HOW SHOULD I ADJUST?**

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ROUTINES AND SPONTANEITY

**28. WHAT DAILY RITUAL FEELS
NON-NEGOTIABLE
TO YOU—THAT I'VE NEVER
UNDERSTOOD?**

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ROUTINES AND SPONTANEITY

**29. HOW CAN WE DISRUPT
COMFORTABLE
RUTS WITHOUT EXHAUSTING
OUR ENERGY RESERVES?**

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ROUTINES AND SPONTANEITY

**30. WHAT FORGOTTEN
HOBBY FROM YOUR 40S DESERVES
REVISITING—WITH
ADAPTED EXPECTATIONS?**

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CAREGIVING AND EQUALITY

**31. WHAT HOSPITALISATION
OR CARE SCENARIO
TERRIFIES YOU MOST—AND
HOW CAN WE PREPARE?**

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CAREGIVING AND EQUALITY

**32. HOW DO WE
MAINTAIN RECIPROCITY
IF ONE BECOMES
CAREGIVER—NOT JUST PARTNER?**

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CAREGIVING AND EQUALITY

**33. WHAT LINE EXISTS BETWEEN
'SUPPORTIVE' AND
'PATRONISING'
DURING HEALTH DECLINES?**

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HOME AND TRANSITION

**34. WHAT CHERISHED
SPACE IN OUR HOME
REPRESENTS YOUR AUTONOMY—AND
MUST REMAIN UNTOUCHED?**

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HOME AND TRANSITION

**35. HOW DO WE DISCUSS
POTENTIAL ASSISTED LIVING
WITHOUT IT FEELING
LIKE FAILURE?**

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HOME AND TRANSITION

**36. WHAT HOUSEHOLD
TASK NOW
FEELS LIKE A MARITAL
BATTLEGROUND—AND WHY?**

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CAREGIVING AND EQUALITY

**37. WHAT PAST MARITAL
BETRAYAL STILL WHISPERS
DOUBTS DURING
VULNERABLE NIGHTS?**

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CAREGIVING AND EQUALITY

**38. HOW CAN WE MOURN
ROADS NOT TAKEN—WITHOUT
DEVALUING ROADS WE
TRAVELLED?**

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CAREGIVING AND EQUALITY

**39. WHAT APOLOGY
FROM DECADES
AGO STILL FEELS NECESSARY—IF
ONLY TO YOURSELF?**

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NEW RELATIONSHIPS
IN LATER LIFE

**40. HOW DO WE HONOUR
PREVIOUS SPOUSES
WHILE FULLY COMMITTING
TO THIS NEW CHAPTER?**

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NEW RELATIONSHIPS
IN LATER LIFE

**41. WHAT FINANCIAL
ENTANGLEMENT
WITH ADULT CHILDREN
COMPLICATES OUR FRESH START?**

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NEW RELATIONSHIPS
IN LATER LIFE

**42. HOW SHOULD WE
NAVIGATE DIFFERING ENERGY
LEVELS FOR TRAVEL OR
SOCIALISING?**

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SPIRITUALITY AND MEANING

43. WHAT EXISTENTIAL QUESTION ABOUT AGEING KEEPS YOU AWAKE—THAT WE'VE NEVER DISCUSSED?

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SPIRITUALITY AND MEANING

**44. HOW HAS YOUR
CONCEPT OF LEGACY
SHIFTED SINCE BECOMING A
GRANDPARENT OR RETIRING?**

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SPIRITUALITY AND MEANING

**45. WHAT COMMUNITY
ROLE GIVES YOU PURPOSE
NOW—THAT I MIGHT
UNDERESTIMATE?**

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HUMOUR AND PERSPECTIVE

46. WHAT AGEING CLICHÉ DO YOU RESENT—AND WHICH ONE HAVE YOU SECRETLY EMBRACED?

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HUMOUR AND PERSPECTIVE

**47. HOW CAN WE
LAUGH ABOUT MEMORY
LAPSES—WITHOUT DISMISSING
LEGITIMATE CONCERNS?**

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HUMOUR AND PERSPECTIVE

**48. WHAT SHARED JOKE
FROM OUR EARLY
YEARS STILL PERFECTLY
ENCAPSULATES US?**

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FINAL CHAPTERS
AND COURAGE

49. WHAT UNFULFILLED
DREAM FEELS
URGENT NOW—AND
HOW CAN I HELP REALISE IT?

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FINAL CHAPTERS
AND COURAGE

**50. HOW SHOULD
WE HANDLE ASSISTED DYING
LEGISLATION—IF
SEVERE ILLNESS STRIKES?**

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FINAL CHAPTERS
AND COURAGE

**51. WHAT LETTER
OR VIDEO SHOULD
WE CREATE TOGETHER—FOR
FUTURE GENERATIONS?**

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FINAL CHAPTERS
AND COURAGE

**52. WHEN DID YOU
LAST FEEL TRULY
SEEN—NOT JUST AS AN
AGEING PERSON, BUT AS YOU?**

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Shuffle. Pause.
Honour. Connect.

**FOR THOSE WRITING
LIFE'S RICHEST
CHAPTERS WITH CLEAR EYES
AND FULL HEARTS**

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