

Stop and ask yourself these six questions today

[Tom Carney](#) / North Shore News

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You're never too old to ask a question or to learn something new.

Here are six questions that I think every senior should ask themselves today.

Is my estate plan up to date?

The government estimates that almost half of adults in B.C. don't have a will. People without a will must think that they're going to live forever. I'm an optimist but that's not a bet that I would make.

Estate planning and death are difficult subjects to discuss, let alone plan for. I get that. But everyone needs an estate plan.

Am I with the right person?

When it comes to your relationship are you exactly where you want to be? More and more seniors are answering no to that question and as a result grey divorce is on the rise.

Does the decision to divorce during the later years really offer a better life? The research is mixed but it seems that despite the challenges, later life divorce does leave many feeling happier and emotionally healthier than they might have expected.

How committed am I to the public health care system?

It's easy to champion a publicly funded health care system when you are well. What if you become ill? Would you wait several months for treatment through the public system or would you seek quicker access to care through the private system? If you're tempted by the latter option you wouldn't be alone. Approximately 50,000 patients a year in B.C. are believed to use private surgery centres.

Should I have a bucket list?

A bucket list is a list of things you want to do before you die. As we age some of us are reluctant to try new things. This is exactly the wrong thing to do.

As we age we should strive to be more engaged not less engaged in life. I'd argue that anything that holds us accountable for action is usually a good thing.

How can I mend a relationship with an estranged son or daughter?

Do you have an adult son or daughter who refuses to speak to you? This situation is more common than you might think.

Obviously I can't tell you how to mend a broken relationship in a few sentences. The experts suggest you can keep the door open to reconciliation by accepting responsibility for past mistakes and consistently conveying a

desire to resolve differences and repair relationships.

How do I want to be remembered?

As we age we begin to think about our legacy. Most of what we leave our children and grandchildren are memories of who we are and what mattered to us. So, for instance, if you want to be remembered as a loving and caring person then be a loving and caring person.

It doesn't get much simpler than that.

Do you have a question to add to this list? If so contact me with your suggestions. If there is enough interest I'll feature a selection of your responses in a future column.

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