

**QUALITY OF LIFE ACTION CHECKLIST**

**WHAT’S AGE FOR, ANYWAY? To Do By Completed**

**Be aware of roadblocks to quality of life**

chronic pain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

depression \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

illness \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

alcohol abuse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

medication and drug abuse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

suicidal tendencies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Ask life-enriching questions** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Tap into age-friendly resources**

Travel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

learning centers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

fitness centers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Suggest employment options**

**and volunteer opportunities** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Facilitate spiritual and religious needs** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Access local resources**

community centers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

adult education centers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

religious congregations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

support groups \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**FAMILY POWER**

**Capture special caregiving moments** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create opportunities for reminiscing** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Research family history** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Use technology to capture**

**special moments** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Keep family customs, traditions,**

**and rituals alive** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Learn more about your family roots**

draw a family tree \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

conduct library research \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

search family records \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

conduct interviews \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

inquire about possessions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

explore attics \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

accompany your elders back to

their hometowns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Plan on giving meaningful**

**and memorable gifts** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Foster the grandparent**

**and grandchild connection** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create opportunities for elders to**

**contribute back to the family** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏