

“SUCCESSFUL” AND “MEANINGFUL” OLD AGE QUESTIONNAIRE

1. Most of the people who have been important to you in life are either dead or have moved on. How do you view current relationships now?
2. Throughout your active adulthood you had an identity based on your work and your relationships. The identity you had in your 40's and 50's is no longer you. Who are you now?
3. Throughout childhood and adulthood, the future was very important and was the basis for your goals and plans. How do you view the future now?
4. In your 20's you were building the foundation for your adulthood. Reflect on that decade of your life. How did your aspirations and activities shape the rest of your life?
5. What are your views on spirituality?
6. “Successful aging” means to maintain your physical, mental, social capabilities and to maintain independence as long as possible. However, these will slowly deteriorate despite your best efforts. Are these still worthwhile goals despite the fact that you will inevitably lose?
7. “Meaningful aging” means to consider yourself to have value despite diminishing capacities. Can you accept that?
8. Which of the following describes your death?
 - a. A tragic ending to an unfulfilled life
 - b. A graceful slipping into eternity
 - c. Other