

## SAMPLE QUESTIONS

These sample questions are designed to start — and normalise — the conversation around ageing in Australia. Encourage participants to share their stories so we can better connect, build understanding and challenge thinking about what it means to grow old.

**1.** What makes a great memory?

- What are your most vivid / cherished memories?

**2.** What's the most important lesson life has taught you?

- Does a lesson always come from a stressful or difficult situation?
- What have been the big turning points in your life?

**3.** If you could give advice to your 16-year-old self, what three pieces of advice would you give?

**4.** Have you ever used your age to your advantage?

**5.** Do you get treated differently because of your age?

- What annoys you the most about being considered old?

**6.** What do you love doing that might surprise people?

- What hobbies or interests do you have?

**7.** What keeps you young?

- Exercise, attitude to life, hobbies, socialising etc.?
- How do you make the most of your life?
- What makes for a 'good life'?

**8.** Do you still work? Why/why not? What do you do/did you do for a living?

- Do you think what we do for a living defines us?
- Do you think we place too much emphasis on our careers?

**9.** Do you have any funny confessions?

- What have you done that we would find surprising?