

100 Questions To Ask An Ageing Parent While There Is Still Time

A gentle conversation resource from Asguard

These questions are for real conversations, not interviews. Pick one or two at a time. Ask when there is space, when nobody is rushed, and when the person you love has enough energy to enjoy remembering.

The best answers are often small: a kitchen smell, a street name, a nickname, a song, a habit, a person who was kind. Those details are easy to lose. They are also the parts families most often wish they had asked about earlier.

How To Use This

1	Choose one question, not a whole section.
2	Let the conversation wander.
3	Ask gentle follow-ups: "What was that like?", "Who was there?", "What do you remember most?"
4	Write down exact phrases if you can. People's own words matter.
5	Stop before the conversation becomes tiring.
6	If a question lands badly, leave it. The relationship matters more than the answer.
7	Keep deeper questions for calm moments, not difficult days.

Start Gently

1. What's the funniest thing that's ever happened to you?
2. What's your favourite joke?
3. What's a song that always makes you want to dance?
4. What's a food you could eat every day?
5. What's your favourite way to spend a lazy Sunday?
6. What's a movie you could watch over and over?
7. What's something that always makes you laugh?
8. What's your favourite season, and why?
9. What's a compliment you've never forgotten?
10. What's a memory that makes you smile every time?

Childhood And Home

11. What's your earliest memory?
12. What was your childhood home like?
13. Who was your best friend as a child, and what did you do together?
14. What was school like for you?
15. What was a typical Sunday like in your family?
16. What's a smell or sound that instantly takes you back to childhood?

17. Did you have a pet? What was their name?
18. What was a family tradition you loved?
19. What's a meal your mum or dad made that you still think about?
20. What's a song from your childhood you still love?
21. What's a game you played in the street or yard that kids today might not know?
22. What's a family story that was told over and over?
23. What's a place from your childhood that doesn't exist anymore?
24. What's a word or phrase from your childhood that nobody uses anymore?
25. What's a childhood memory that makes you smile every time?

Family And Relationships

26. How did you meet your partner, or someone important in your life?
27. What's a family holiday you'll never forget?
28. Who was the funniest person you ever knew?
29. What's the best advice a friend ever gave you?
30. When did you feel most proud of your family?
31. What does "home" mean to you now?
32. What's a tradition you started with your own family?
33. What's the kindest thing someone has ever done for you?
34. What's a quality you admire most in the people you love?
35. What's a memory of your children, nieces, nephews, or younger relatives that makes you smile?
36. What do you hope your grandchildren, or future generations, remember about you?
37. If you could thank one person from your past, who would it be and why?

Work, Skills And Purpose

38. What was your first job, and what did you learn from it?
39. What's the best job you ever had, and why?
40. What's a skill you're proud of mastering?
41. What's something you've made with your hands that you're proud of?
42. What's a hobby or passion that's brought you joy?
43. What's a recipe you love to cook, and what's the story behind it?
44. What's something you've fixed or built that you're proud of?
45. What's a project or achievement you're most proud of?
46. What's a teacher or mentor who changed your path?
47. What's a routine that grounds you?

Places And Nature

48. What's a place that feels like home to you?
49. What's a natural place - a garden, park, forest, beach, or view - that brings you peace?
50. What's a view from a window you've loved?

51. What's a season you love, and what do you notice when it arrives?
52. What's a plant or tree that's meaningful to you?
53. What's a garden you've tended, or wished you could tend?
54. What's a neighbour or local person who's made a difference?
55. What's a memory of being outdoors that you cherish?

Senses And Memory

56. What's a smell that instantly takes you back to a specific moment?
57. What's a sound you loved as a child that you don't hear much anymore?
58. What's a taste that reminds you of home?
59. What's a song that makes you feel like you're somewhere else?
60. What's a place you can close your eyes and see in perfect detail?
61. What's a food you associate with celebration?
62. What's a garden or natural place you remember vividly?
63. What's a room in a house you've lived in that you can still picture clearly?

A Changing World

64. What's the biggest change you've seen in the world in your lifetime?
65. What's something now that you're glad exists?
66. What was the news like when you were young, and how did you get it?
67. What's a technology you've adapted to that you're proud of?
68. What's something about young people today that gives you hope?
69. What's something you've learned from a different generation?
70. What's a fashion trend from your time that you loved, or hated?
71. What's a song that defines a time in your life?
72. What's a job that existed when you were young that doesn't exist now?
73. What do you think people 100 years from now will say about our time?

Creativity And Play

74. What's a song you love to sing, even if just to yourself?
75. What's a story you love to tell, and why?
76. What's a joke or funny memory you love to share?
77. What's a craft or hobby that lets you lose track of time?
78. What's a game you enjoy playing?
79. What's something you've made that you're proud of?
80. What's a childhood game you'd love to play again?
81. Is there a craft or skill you've loved for most of your life?

Health, Resilience And Independence

82. What's a small physical ability you're grateful for today?
83. What's a movement - walking, stretching, dancing, gardening - that brings you joy?

84. What's a rest or relaxation practice that helps you recharge?
85. What's something you've learned about listening to your body?
86. What's a moment when you asked for help and it made things better?
87. What's a tool or device that's helped you stay independent?
88. What's a daily habit that supports your wellbeing?

Wisdom, Gratitude And Legacy

89. What's the best piece of advice you've ever received?
90. What's something you wish you'd known at 30?
91. What's something you're grateful for today?
92. What's a simple pleasure you never take for granted?
93. What gives your life meaning right now?
94. What's something you've learned about legacy?
95. What's a question you wish someone would ask you?
96. What's a habit or ritual in your family that you introduced?

Deeper Questions For The Right Moment

97. What do you want to be remembered for?
98. What's something you want your grandchildren, or future generations, to know?
99. What's a lesson you've learned that you don't want anyone else to have to learn the hard way?
100. What do you think makes a life well-lived?

A Quiet Note From Asguard

This resource was created from Asguard's conversation-question bank.

Asguard is a small UK-built beta companion and check-in tool for older people living at home. It is being built by Glen Birkbeck after years of family caring experience, with the aim of helping older people feel remembered, heard, and gently supported between visits.

You can find it at asguard.app.